

## **Mr. Bonaventura**

### Physical Education Assignments:

This is an *"informative essay"* Each extra credit assignment will be 2 pages in length, Double spaced typed, Times Roman font, size 12, with 1 inch page borders. DO NOT COPY, CUT & PASTE information.

1. Define and give me an example of the following 5 components of fitness.

What is Cardio Vascular fitness

What is Muscular Endurance

What is Muscular Strength

What is Flexibility

What Body Composition

2. What is difference between aerobic and anaerobic exercise?

3. What are the effects of Adolescent Obesity?

4. Explain how the Media effects our self-image and fitness level?