



Personal Development Requirements

Written Exam - Fitness

1. What is Physical Fitness?
2. How can physical fitness help you?
3. What are the muscles called that support your bones?
4. What do muscles do for you?
5. What are some ways martial arts build your muscular strength?
6. What is flexibility?
7. How does flexibility improve your joints?



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Written Exam – Fitness (cont)

8. How can flexibility help your martial arts?

9. What is cardiovascular fitness?

10. What is aerobic exercise?

11. What are good aerobic exercises?

12. What is deep breathing?

13. Why is it important to get enough sleep?