Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health

Study Sheet for test 3

Facts to know

|  |  |
| --- | --- |
| Another name for your tailbone  Being 20% or more overweight  Exercises that help your body process oxygen efficiently  How many times a week you need aerobic exercise  Light exercises that send blood flowing to your muscles  People who are trained to help others exercise their muscles  The bone that protects your brain  The bones that help you stand straight as well as bend  The cage for your heart and lungs  The number of bones in your body  What happens to your muscles when you use them more  Where red blood cells are manufactured  You should not bounce or jerk when you do this | Coccyx  Obese  Aerobics  3  Warm-ups  Physical therapists  Skull  Vertebrae  Ribs  206  They get larger  Bone marrow  Stretch |

Labeling diagrams

|  |  |
| --- | --- |
| Respiratory system  Alveoli  Bronchi  Diaphragm  Epiglottis  Larynx  Lung  Sinuses  Trachea | Muscles  Abdominals  Deltoid  Frontalis  Gastrocnemius  Hamstrings  Masseter  Pectorals  Quadriceps  Sartorius  Triceps |