

IMPORTANCE OF STRENGTH CONDITION

ADVANTAGES OF DOING SPORT



1- What is the method of training in developing strength?

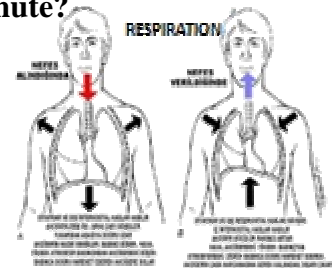
2- How many times does a healthy adult do ventilation in a minute?

- a) 5 b) 8 c) 10 d) 25 e) 15

3- a) A healthy woman pulse in a minutetimes.

b) A healthy man pulse in a minutetimes.

c) A healthy baby pulse in a minutetimes.



4- Which one develops in people who work out resistance exercises regularly? (T) (F)

- a) In people who work out regularly develop system of heart _____ (.....)
- b) In people who work out regularly diameter of heart thickens _____ (.....)
- c) In people who work out regularly capacity of hearth ventricular widens _ (.....)
- d) In people who work out regularly pulse decreases _____ (.....)
- e) In people who work out regularly immune system strengths _____ (.....)

5- How many minutes should we do resistance running to control weight and to be healthy person?

6- Which sport doesn't improve strength resistance?

- a) swimming
- b) riding bike
- c) lifting weight
- d) mountain climbing
- e) running long distance

Answer KEY

1- Sports which have 130-140 pulse during training and are like riding bike

2- e

3- a) 70-80

b) 60-70

c) 130

4-

a	b	c	d	e
T	F	T	T	T

5- At least 20 minutes

6- c