
PSU Lifetime Fitness Concepts Final Study Guide Questions and Answers|Latest Update

Define EDNOS ✓ Correct Answ_ Eating Disorders Not Otherwise Specified

Components of Unhappy Female Triad ✓ Correct Answ_ Amenorrhoea

Osteoporosis

Eating disorders

How often should adults exercise ✓ Correct Answ_ 30mins, moderate intensity, 7days a week

Exercise guideline for MODE ✓ Correct Answ_ Aerobic/Anaerobic

Exercise guideline for INTENSITY ✓ Correct Answ_ THR/PER

Exercise guideline for DUR/TIME ✓ Correct Answ_ 20-60mins

Exercise guideline for FREQUENCY ✓ Correct Answ_ 3-5 days/week

Introduction Of Lifetime Fitness Study Guide Answers

Tobias Bleicker



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