***Review for Ch 1 & Ch 2 Test***

***PE Concepts – Ms House***

1. 25 multiple choice or matching
2. Leading cause of death now and 100 years ago.
3. Controllable risk factors vs uncontrollable risk factors
4. Risk behaviors that cause serious health problems today
5. Know what each of the components of wellness are/mean.
6. Definition of wellness.
7. Leading cause of death for teens
8. How can you prevent some of the causes of death
9. What is a goal
10. Know the GREAT in GREAT decision making
11. Know STOP, THINK, GO when you have made a poor decision.
12. Know the refusal skills and when to use them
13. Know the six suggestions when setting goals.
14. Definition of sedentary.