1. **Explain the difference between muscular endurance and muscular strength.**

Muscular strength refers to the maximum amount of force a muscle or muscle group can generate in a single effort, while muscular endurance refers to the muscle's ability to perform repeated contractions or sustain contractions over an extended period of time. In other words, strength is the ability to lift a heavy weight once, whereas endurance is the ability to lift a lighter weight many times.

1. **Define cardiovascular exercise, and make a list of 5 good activities that enhance cardiovascular fitness.**

Cardiovascular exercise, also known as aerobic exercise, is any physical activity that increases the heart rate and breathing for an extended period of time. This type of exercise improves the function of the heart, lungs, and blood vessels, and can lead to improved overall fitness and health.

Here are five good activities that can enhance cardiovascular fitness:

1. Running: This is a great cardio workout that can be done almost anywhere.
2. Cycling: This is another great cardio workout that can be done indoors or outdoors.
3. Swimming: Swimming is an excellent low-impact cardio workout that can also provide a full-body workout.
4. Rowing: Rowing machine or on water rowing is a great cardio workout that also works on upper body.
5. Jumping rope: Jumping rope is a great cardio workout that can be done indoors or outdoors and is also a good option for those with limited space.

**3. Create a strength workout with one exercise for each major area of the body.**

Here is a sample strength workout that targets each major area of the body:

1. Chest: Barbell bench press - 3 sets of 8-12 reps
2. Back: Pull-ups - 3 sets of 8-12 reps
3. Legs: Squats - 3 sets of 8-12 reps
4. Shoulders: Dumbbell military press - 3 sets of 8-12 reps
5. Arms: Barbell bicep curls - 3 sets of 8-12 reps
6. Core: Planks - 3 sets of 30-45 seconds

This workout can be modified as per the fitness level and equipment availability. The number of sets, reps, and weight can be adjusted as per the individual's goal and progress. Also, it's important to warm up and cool down before and after the workout and to take rest days as well.

1. **How does exercise control body fat?**

Exercise helps control body fat in several ways:

1. Energy expenditure: Exercise increases the number of calories the body burns, which can lead to a negative energy balance and weight loss.
2. Metabolism boost: Regular exercise can increase the resting metabolic rate, which means the body burns more calories at rest.
3. Appetite regulation: Exercise can help regulate appetite by reducing hunger and increasing feelings of fullness.
4. Muscle building: Exercise, especially resistance training, can increase muscle mass, which in turn can increase the number of calories the body burns at rest.
5. Hormones: Exercise can also affect hormones that regulate energy balance such as insulin, leptin and ghrelin.

It's important to note that exercise alone may not be enough to control body fat in some cases, as diet also plays a crucial role in weight management. A balanced diet with adequate protein and healthy fats, along with regular exercise, is the best approach to controlling body fat.