

Physical Science: Midterm Study Guide Modules 1-7

Module 1:

What is physical science?
What is technology?
What is the scientific method?
Scientific Theory vs. Law
Relationships shown on graphs (inverse, direct, none)

Quantitative observation
Qualitative observation
Hypothesis
Variable
Scientific Theory
Inference

metric system units for length, mass, volume

Module 2:

Solution
Solute
Solvent
Solids
Liquids
Gases
Density
Diffusion

Differences between pure substances, compound, homogeneous mixtures, heterogeneous mixtures
What is matter?
Phases of matter: solid, liquid, gas, plasma phase-changes and their names (see pg 95)
Properties of matter
How can you tell if a physical vs. chemical change took place?

Module 3:

Law of conservation of mass
Law of constant composition
Atomic number
Mass number
Isotopes
Orbitals
Electron shells

History of the atom: Democritus, Aristotle, Dalton's Atomic Theory, J.J. Thomson, Rutherford, Chadwick
The atom - subatomic particles and their charges, atomic mass & number, how to figure out all the numbers given some information, isotopes and how to know how many neutrons there are given the name or how to name it given the number of protons
Bohr's electron model with energy levels, table 2.2 pg 97
Periodic table- how it's organized

Biology Apologia Module 12 Study Guide

Julia Schneider



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web the main and widely followed method is where you increase the level of carbohydrate intake to approximately 70 particulalrly in the last month before a marathon food to choose that are good forms of carbohydrate include pasta bread and rice if successful carbo loading will prevent runners from hitting the wall

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web the diet should consist of foods high in protein vitamins minerals and carbohydrates ensure adequate carbohydrate

intake leading up to the race and also during the event prevents severe fatigue 3 learn from the experienced runners learned from the seasoned marathon runners they can be a valuable asset to help you mentally prepared

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web how do i fuel for a marathon test a variety of food options in your training to determine which ones work best for you understand what will be provided in aid stations increase your carbohydrate intake moderately in the days before your race to fill up your glycogen stores eat a familiar breakfast 3 4 hours before your start

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web apr 10 2018 breakfast like a race king the golden rule is to not try anything new on race day this is particularly important if you re staying at a hotel a runner s breakfast which should be eaten 3 4

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web foods for runners and joggers a good diet can boost your physical health and help you meet your fitness goals make sure your meals emphasize the following basic components fruit and vegetables for vitamins minerals and antioxidants lean protein such as fish poultry beans lentils and tofu healthy fats such as olive oil avocado and nuts

21 foods that will fuel your marathon training active - May 11 2023

web how you fuel your body plays a big part in how you feel before during and after your runs to stay energized throughout those countless miles you need a mix of carbohydrates protein and fats if you re stumped about what to add to your diet try one of these marathoner approved power foods

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