

Fitness Components Test

Multiple Choice

1. The most weight you can lift or the most effort you can exert at one time are measures of your _____.
 - A. Muscular Strength
 - B. Muscular Endurance
 - C. Flexibility
 - D. Cardiovascular endurance
2. Which of the following is NOT one of the five components of fitness?
 - A. Nutrition
 - B. Emotional health
 - C. Flexibility
 - D. Muscular endurance
 - E. Muscular strength
 - F. Body composition
 - G. Cardiovascular endurance
3. Which of the following is the same as cardiovascular endurance?
 - A. Muscular endurance
 - B. Cross training
 - C. Heart and lung endurance
 - D. Body composition
4. The range of motion of a joint is
 - A. Muscular strength
 - B. Muscular endurance
 - C. Flexibility
 - D. Stretch
5. The ability of your heart and lungs to work for an extended period of time is
 - A. Flexibility
 - B. Cardiovascular endurance
 - C. Muscular endurance
 - D. Body composition
6. A one time maximum force exerted with your muscle is an example of
 - A. Cardiovascular endurance
 - B. Flexibility
 - C. Muscular endurance
 - D. Muscular strength
7. The ability of your muscles to work for an extended period of time is an example of
 - A. Muscular strength
 - B. Flexibility
 - C. Muscular endurance
 - D. Body composition

8. Physical _____ is the ability to handle the physical demands of everyday life without becoming overly tired.
- A. education
 - B. activity
 - C. fitness
 - D. exercise
9. The amount of time you can hang from a bar with your chin above the bar can help measure
- A. Flexibility
 - B. Cardiovascular endurance
 - C. Body composition
 - D. Upper body strength
10. Abdominal strength and endurance can be measured by
- A. Doing bent-knee curl-ups
 - B. Running one mile
 - C. Doing pull-ups or chin-ups
 - D. Breathing deeply for five minutes
11. Which of the following is NOT a cardiovascular exercise
- A. jogging
 - B. jumping rope
 - C. juggling
 - D. swimming
12. How effectively the heart and lungs work during exercise and how quickly they return to normal when you stop is called
- A. Heart and lung endurance
 - B. Abdominal strength and endurance
 - C. Heart and lung endurance
 - D. Muscular endurance
13. Effective physical fitness goals are
- A. The same for everyone
 - B. Impossible to reach
 - C. Long term
 - D. Based on realistic limits
14. Setting the perfect goals should include
- A. What
 - B. Where
 - C. How
 - D. When
 - E. All of the above

True or False

13. Heart and lung endurance can be measured by finding out how much weight you can lift at one time.
14. Muscle strength is the ability of a muscle to repeatedly exert a force over a prolonged period of time.

15. Flexibility is the ability of your body's joints to move easily through a full range of motion.
16. Body composition is the ratio of fat to lean body tissue, such as bone, muscle, and fluid.
17. Practicing or training to play a sport, such as football or softball, builds physical fitness more than playing in a competitive game.
18. Golf and bowling are excellent for all areas of fitness.

YES or NO

Melanie is thinking about increasing her level of fitness. Read the following suggestions.

If the suggestion WILL help Melanie increase her level of fitness, answer YES.

If the suggestion WILL NOT help Melanie increase her level of fitness answer NO.

19. Melanie should walk or ride her bike to school.
20. Melanie should take the elevator instead of the stairs whenever possible.
21. Melanie should set fitness goals, follow a plan and set a date for achieving the goal.
22. Melanie should sign-up for dance classes.
23. Melanie should read many books on sports.
24. Melanie should avoid talking to anyone about her fitness goals.

Michael has learned that he is carrying too much body fat. He is planning a fitness schedule to help him lower his body fat and increase his lean body tissue. Read the following suggestions.

If the suggestion WILL help Michael meet his fitness goal, answer YES.

If the suggestion WILL NOT help Michael meet his fitness goal, answer NO.

25. Michael should exercise no more than once a week.
26. Michael should determine his current abdominal muscle strength and endurance by measuring his heart rate after doing curl-ups.
27. Michael should set a measurable goal for weight loss and follow his plan.
28. Michael should exercise at least 30 minutes to 1 hour each session.
29. Michael should only do muscular endurance activities to increase lean body tissue.
30. Michael should keep track of his progress and change his plan if he is not lowering his body fat.

Matching

Match each of the following **activities** with the **fitness component**.

31. Jogging
32. Skateboarding
33. Stretching
34. Soccer
35. Weightlifting
36. Curl-ups
37. Push-ups
38. Basketball
39. Yoga
40. Jumping rope

- A. Cardio-vascular endurance
- B. Flexibility
- C. Muscular Strength
- D. Muscular Endurance



Extra Credit

<u>The 5 Fitness Components</u>	<u>The Fitness test</u>	<u>The Fitness Norm</u>
1.		
2.		
3.		
4.		
5.		