

Name: _____

Date: _____

Quiz name: **Unit 2 Fitness & Health (Fitness Concept Exam)**

1. Some of the benefits of a physically active lifestyle are:

- (A) Look better and feel better
 - (B) Have more energy and sleep better
 - (C) Be able to enjoy life and respond to emergencies
 - (D) Stronger bones and lower risk of many diseases
 - (E) Helps maintain a healthy weight
 - (F) All of the above
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2. The 6 parts of Health Related Fitness are:

- (A) Cardiorespiratory Endurance, Muscular Endurance, Agility, Strength, Flexibility, and Body composition.
 - (B) Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Power, Flexibility and Body Composition.
 - (C) Cardiorespiratory Endurance, Muscular Strength, Power, Body Composition, balance and Speed.
 - (D) Cardiorespiratory Endurance, Muscular Endurance, Speed, Flexibility, Strength, and Body Composition.
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3. The five parts of Skills Related Fitness are:

- (A) Cooperation, Agility, Reaction Time, Balance, and Power
 - (B) Coordination, Agility, Power, Reaction-Time, and Speed
 - (C) Coordination, Agility, Reaction Time, Balance, and Speed
 - (D) Cooperation, Speed, Power, Balance, and Agility
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4. The best description for the Overload Principle as it applies to fitness is:

- (A) Doing too much work.
 - (B) Doing more work than usual
 - (C) Working harder in order to stress the body so it can adapt to the level of work.
 - (D) Working at the same level each time you workout.
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5. Monitoring your effort during a workout can be done by taking your pulse?.

- (A) True
 - (B) False
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6. One way to monitor ones effort during exercise is to do the talk test?.

- (A) True
 - (B) False
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7. Improvement over time is an acceptable way to monitor ones effort during exercise?.

- (A) True
 - (B) False
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8. Calculating your target heart rate (THR) is best done by:.

- A MHR x .60
 - B MHR x .80
 - C MHR x .60, and MHR x .80
 - D None of the above
 - E All of the above
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9. Activities that promote cardiorespiratory fitness are:.

- A Playing computer games and watching T.V.
 - B Walking, Jogging, Hiking
 - C Swimming, biking, Jump roping
 - D Sports such as: Basketball, Tennis, and Soccer
 - E B and C only
 - F B, C, and D
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10. Body composition is the percentages of fat, bone, muscle, and blood in the human body..

- A True
 - B False
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11. The ability to move a joint in a wide range of motion is flexibility..

- A True
 - B False
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12. Cardiorespiratory endurance is best described as:.

- A The ability of the heart, lungs. and blood vessels to provide oxygen to the body during prolonged periods of time.
 - B The ability of the muscles to work for a long period of time
 - C The ability to use your muscles quickly.
 - D None of the above
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13. The acronym FITT stands for: Frequency, Interpersonal, Time, Type? .

- A True
 - B False
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14. The acronym CARBS is used to identify the Skills Related parts of fitness?.

- A True
 - B False
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15. CARBS stands for.

- A Carbohydrates, amino acids, rest, balance, speed
 - B Coordination, Agility, Reaction time, Balance, Speed
 - C Carbohydrates, Agility, Reaction time, Benefit, Speed
 - D None of the above
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16. There are two parts of Health Related Fitness that we do not measure at Orange Grove. They are:.

- A Power and Speed
 - B Muscular endurance and Power
 - C Strength and Power
 - D Body composition and Power
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17. The test done at Orange Grove to measure Cardiorespiratory endurance is the PACER..

- A True
 - B False
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18. Push-ups measures what part of Health Related fitness?.

- A Muscular endurance
 - B Power
 - C Flexibility
 - D Strength
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19. At Orange Grove we measure Flexibility with the Trunk Lift and Back Saver Sit and Reach?.

- A True
 - B False
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20. The correct formula for calculating your maximum heart rate is:.

- A $210 - \text{Age}$
- B $220 + \text{Age}$
- C $220 - \text{Age}$
- D $210 \times \text{Age}$