

Socratic Fitness Concept Exam

Answer Key:

1. F
2. B
3. C
4. C
5. True
6. True
7. True
8. 220 – age
9. C
10. F
11. False
12. True
13. A
14. False
15. True
16. B
17. D
18. True
19. D
20. True

HELPFUL HINTS!

We will be eliminating the short answer question for tomorrow's test. Please NOTE that the push-up test is a STRENGTH test and NOT a muscular endurance.

Good Luck!