

Fitness Review Test

HEALTH RELATED: Match each of the five health-related components with its definition.

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| 1. Body composition | A. The ability of the same muscle or muscle group to contract for an extended period of time without undue fatigue. |
| 2. Cardiovascular endurance | B. The maximum amount of force a muscle or muscle group can exert against an opposing force. |
| 3. Flexibility | C. The ratio of body fat to lean body tissue, including muscle, bone, water, and connective tissue. |
| 4. Muscular endurance | D. A joint's ability to move through its full range of motion. |
| 5. Muscular strength | E. The ability of the heart, blood, blood vessels, and respiratory system to supply oxygen and necessary fuel to the muscles during sustained exercise. |

For each test listed below, identify which HEALTH-RELATED component of fitness it would best measure.

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| 6. 1-minute Curl-ups | A. Body composition |
| 7. Mile run | B. Cardiovascular endurance |
| 8. Push-ups | C. Flexibility |
| 9. Sit-and-reach | D. Muscular endurance |
| 10. Pacer | E. Muscular strength |
| 11. Pull-ups | |
| 12. Skinfold measurements | |

SKILL-RELATED: Match each of the six skill-related components with its definition.

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| 13. Agility | A. The ability to move the body parts swiftly while simultaneously applying the maximum force of the muscle. |
| 14. Balance | B. The ability of the senses to determine and direct the movement of your limbs and head. |
| 15. Coordination | C. The ability to change and control the direction and position of the body while maintaining a constant, rapid motion. |
| 16. Power | D. The ability to move the body or body parts swiftly. |
| 17. Reaction time | E. The ability to react or respond quickly to what you hear, see, or feel. |
| 18. Speed | F. The ability to control or stabilize the body while standing or moving. |

There are several health risk factors that can affect an individual's state of health.

Put a "C" by the ones you CAN control and an "N" by the ones you CANNOT control.

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| 19. Age | 22. Obesity | 25. Heredity |
| 20. Inactivity | 23. Gender | 26. Smoking, drugs, alcohol |
| 21. High blood pressure | 24. Stress and tension | 27. High levels of cholesterol |

Match the term to its best definition.

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| 28. Goal | A. Help determine the progress you made toward your goals and assist in setting new goals. |
| 29. Goal-setting | B. Can help you reach your long-term goals or can be accomplished in a short time. |
| 30. Long-term goal | C. Serve as a guide for what you do and give you something to work toward. |
| 31. Short-term goal | D. Help you determine your present fitness level and provide you with a basis for setting realistic goals. |
| 32. Pre-test | E. Process that can help you improve yourself – means of getting you motivated to make to make lifestyle changes. |
| 33. Post-test | F. May take a long time to achieve. |

Short Answer/Completion

34. A person is described as being ___?___ ___?___ if he/she is able to carry out daily tasks and still have enough reserve energy to respond to unexpected demands
35. ___?___ -related fitness components are factors that relate to how well the systems of your body operate.
36. ___?___ -related fitness components are factors that contribute to your ability to successfully participate in sports.
- 37-38. Physical fitness is determined by the condition of several systems of the body. Name **two**.
- 39-40. List **two** of the twelve steps that are helpful in successful goal-setting.

