

7TH GRADE FITNESS CSA REVIEW, TRIMESTER 2



1.) Curl-ups measure what component of fitness?

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Muscular endurance

2.) Sit & Reach measures what component of fitness?

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Muscular endurance

3.) Mile run measure what component of fitness?

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Cardiovascular endurance

4.) Push-ups measure what component of fitness?

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Muscular endurance

5.) Amount of weight working against your muscle:

- a) Resistance
- b) Gravity
- c) Muscular strength
- d) Muscular Endurance

6.) Number of times you repeat an exercise:

- a) Sets
- b) Repetition
- c) Resistance
- d) Frequency

7.) A number of repetitions:

- a) Sets
- b) Repetition
- c) Resistance
- d) Frequency

8.) A muscle's ability to exert force

- a) Resistance
- b) Gravity
- c) Muscular strength
- d) Muscular Endurance

9.) A muscle's range of motion:

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Muscular endurance

10.) Ability to use a muscle many times without getting tired:

- a) Flexibility
- b) Muscular strength
- c) Body composition
- d) Muscular endurance

11.) Back of the upper leg:

- a) Quadriceps
- b) Hamstrings
- c) Triceps
- d) Biceps

12.) Front of the upper leg:

- a) Quadriceps
- b) Hamstrings
- c) Triceps
- d) Biceps

13.) Back of the upper arm:

- a) Quadriceps
- b) Hamstrings
- c) Triceps
- d) Biceps

14.) Front of the upper arm:

- a) Quadriceps
- b) Hamstrings
- c) Triceps
- d) Biceps

15.) Torso/stomach:

- a) Quadriceps
- b) Abdominals
- c) Triceps
- d) Biceps

16.) Rest is important to muscle growth.

- a) True
- b) False

17.) Fat turns into muscle.

- a) True
- b) False

18.) All weight lifting will result in bulky muscles.

- a) True
- b) False

19.) Each individual improves his/her own level of muscular strength and endurance.

- a) True
- b) False

20.) Improper stretching can lead to injury.

- a) True
- b) False

ANSWER KEY

1.) D

2.) A

3.) D

4.) B

5.) A

6.) B

7.) A

8.) C

9.) A

10.) D

11.) B

12.) A

13.) C

14.) D

15.) B

16.) A

17.) B

18.) B

19.) A

20.) A