

7TH GRADE FITNESS CSA REVIEW, TRIMESTER 1



1.) What is the formula for determining your maximum heart rate?

- a) 220-your age
- b) 220-your pulse
- c) 220-your height
- d) 220-your weight

2.) Which is the suggested target heart rate zone for middle school students?

- a) 40-60 percent
- b) 60-90 percent
- c) 20-50 percent
- d) 50-100 percent

3.) Means “with oxygen”, steady exercise:

- a) Anaerobic
- b) Target heart rate zone
- c) Pacing
- d) Aerobic

4.) Best place to locate pulse during exercise:

- a) Wrist/neck
- b) Jaw/Neck
- c) Temple
- d) Wrist/foot

5.) Jogging/running at a steady speed:

- a) pacing
- b) aerobic
- c) cardiovascular endurance
- d) anaerobic

6.) F.I.T.T. Principle: How long I exercise:

- a) Frequency
- b) Intensity
- c) Time
- d) Type

7.) F.I.T.T. Principle: How often I exercise:

- a) Frequency
- b) Intensity
- c) Time
- d) Type

8.) F.I.T.T. Principle: How hard I exercise:

- a) Frequency
- b) Intensity
- c) Time
- d) Type

9.) F.I.T.T. Principle: Kind of exercise:

- a) Frequency
- b) Intensity
- c) Time
- d) Type

10.) It is ok to wear your school clothes in P.E.

- a) True b) False

11.) It is impossible for all students to give their best effort in all class activities.

- a) True b) False

12.) Personal and social responsibility includes following class rules, game rules, and leaving the equipment alone when not in use.

- a) True b) False

13.) My attitude and effort level does not impact others.

- a) True b) False

14.) Fitness tests can be used to evaluate your fitness level and set personal fitness goals:

- a) True b) False

15.) If Zach is really good at hockey, he shouldn't have to participate fully in the basketball unit.

- a) True b) False

16.) Part of sportsmanship is trying all activities to the best of your ability.

- a) True b) False

17.) Exercise will decrease an individual's energy level.

- a) True b) False

ANSWER KEY

1.) A

2.) B

3.) D

4.) A

5.) A

6.) C

7.) A

8.) B

9.) D

10.) B

11.) B

12.) A

13.) B

14.) A

15.) B

16.) A

17.) B