

# 8<sup>TH</sup> GRADE FITNESS CSA REVIEW, TRIMESTER 2

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

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

**2.) Shoulder stretching measures what component of fitness?**

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

**3.) The Pacer measures what component of fitness?**

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

**4.) Pull-ups measure what component of fitness?**

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

**5.) Mr. Boevers exercises 3-5 times a week:**

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

**6.) Mr. Wagner jogged 30 minutes:**

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

**7.) Working on specificity:**

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

**8.) To build heart healthiness it's important to exercise at a high \_\_\_\_\_.**

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

**9.) Shoulder muscle:**

- a) Gastrocnemius
- b) Latissimus Dorsi
- c) Pectoralis Major
- d) Deltoids

**10.) Chest muscle:**

- a) Gastrocnemius
- b) Latissimus Dorsi
- c) Pectoralis Major
- d) Deltoids

**11.) Calf muscle:**

- a) Gastrocnemius
- b) Latissimus Dorsi
- c) Pectoralis Major
- d) Deltoids

**12.) Stomach muscle:**

- a) Gastrocnemius
- b) Latissimus Dorsi
- c) Abdominals
- d) Deltoids

**13.) Sides of the torso (back):**

- a) Gastrocnemius
- b) Latissimus Dorsi
- c) Abdominals
- d) Deltoids

**14.) It's important NOT to strength train the same muscle group on consecutive days.**

- a) True
- b) False

**15.) There are two parts to a workout.**

- a) True
- b) False

**16.) The purpose of fitness testing is to assess your level of fitness.**

- a) True
- b) False

**17.) Progression is NOT an important part of weight lifting.**

- a) True
- b) False

**18.) If I only work on my leg exercises I am working on specificity.**

- a) True
- b) False

**19.) Good nutrition and protein consumption is key in building muscle and recovering.**

- a) True
- b) False

**20.) Setting goals is NOT important to my fitness.**

- a) True
- b) False

## **ANSWER KEY**

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**1.) D**

**2.) A**

**3.) D**

**4.) B**

**5.) A**

**6.) C**

**7.) D**

**8.) B**

**9.) D**

**10.) C**

**11.) A**

**12.) C**

**13.) B**

**14.) A**

**15.) B**

**16.) A**

**17.) B**

**18.) A**

**19.) A**

**20.) B**