

# 8<sup>TH</sup> GRADE FITNESS CSA REVIEW, TRIMESTER 1

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- 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.) **Ability to exercise the body for longer periods of time:**
  - a) pacing
  - b) aerobic
  - c) cardiovascular endurance
  - d) anaerobic
  
- 6.) **Steady and consistent speed:**
  - a) pacing
  - b) aerobic
  - c) cardiovascular endurance
  - d) anaerobic
  
- 7.) **Means “without oxygen”, short/fast bursts:**
  - a) pacing
  - b) aerobic
  - c) cardiovascular endurance
  - d) anaerobic
  
- 8.) **Not considered a cardiovascular exercise:**
  - a) running 6 miles
  - b) biking 20 miles
  - c) 50 yard dash
  - d) swimming 40 laps
  
- 9.) **Cardiovascular exercise can:**
  - a) improve heart health
  - b) increase life expectancy
  - c) burn body fat
  - d) all the above

**10.) Effective cardiovascular exercise requires:**

- a) exercising at least 20 minutes
- b) pulse in the target heart rate zone
- c) monitoring your pulse
- d) all the above

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

- a) True
- b) False

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

- a) True
- b) False

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

- a) True
- b) False

**14.) My attitude and effort level does not impact others.**

- a) True
- b) False

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

- a) True
- b) False

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

- a) True
- b) False

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

- a) True
- b) False

**18.) Exercise will decrease an individual's energy level.**

- a) True
- b) False

**19.) Cardiovascular exercise works my heart and lungs.**

- a) True
- b) False

**20.) It's not important to work out in your target heart rate zone.**

- a) True
- b) False

## **ANSWER KEY**

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**1.) A**

**2.) B**

**3.) D**

**4.) A**

**5.) C**

**6.) A**

**7.) D**

**8.) C**

**9.) D**

**10.) D**

**11.) B**

**12.) B**

**13.) A**

**14.) B**

**15.) A**

**16.) B**

**17.) A**

**18.) B**

**19.) A**

**20.) A**