

# 8<sup>TH</sup> GRADE P.E. CSA REVIEW, TRIMESTER 2

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1.) What is the resistance when doing a push-up?

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

2.) Doing 15 push-ups, resting 1 minute, then 15 more push-ups shows an example of how many sets completed?

- a) 30
- b) 3
- c) 2
- d) 30 + 1 minute

3.) Doing 15 push-ups, resting 1 minute, then 15 more push-ups shows an example of how many repetitions completed?

- a) 30
- b) 3
- c) 2
- d) 30 + 1 minute

4.) F.I.T.T. Principle as it relates to cardiovascular fitness. Which answer BEST displays the concept for the letter 'F'?

- a) Running/biking/swimming
- b) Resistance training
- c) 3-5 times/week
- d) 1 time/week
- e) 60-90% max heart rate
- f) 20-30 minute continuous workout
- g) Softball, volleyball, golf

5.) F.I.T.T. Principle as it relates to cardiovascular fitness. Which answer BEST displays the concept for the letter 'I'?

- a) Running/biking/swimming
- b) Resistance training
- c) 3-5 times/week
- d) 1 time/week
- e) 60-90% max heart rate
- f) 20-30 minute continuous workout
- g) Softball, volleyball, golf

6.) F.I.T.T. Principle as it relates to cardiovascular fitness. Which answer BEST displays the concept for the first letter 'T'?

- a) Running/biking/swimming
- b) Resistance training
- c) 3-5 times/week
- d) 1 time/week
- e) 60-90% max heart rate
- f) 20-30 minute continuous workout
- g) Softball, volleyball, golf

**7.) F.I.T.T. Principle as it relates to cardiovascular fitness. Which answer BEST displays the concept for the second letter 'T'?**

- a) Running/biking/swimming
- b) Resistance training
- c) 3-5 times/week
- d) 1 time/week
- e) 60-90% max heart rate
- f) 20-30 minute continuous workout
- g) Softball, volleyball, golf

**8.) It's considered good technique to hold your breath while stretching.**

- a) True
- b) False

**9.) There are many positive benefits to having a sedentary lifestyle (inactive).**

- a) True
- b) False

**10.) If you exercise regularly, you could live longer.**

- a) True
- b) False

**11.) Stretching should be a part of your fitness plan.**

- a) True
- b) False

**12.) If you exercise regularly, you will have more energy as a result.**

- a) True
- b) False

**ANSWER KEY**

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|-------|--------|--------|--------|
| 1.) C | 2.) C  | 3.) A  | 4.) C  |
| 5.) E | 6.) F  | 7.) A  | 8.) B  |
| 9.) B | 10.) A | 11.) A | 12.) A |