6th Grade Fitness Quiz

1. Which of the following is NOT a major component of physical fitness
    a. muscular strength
    b. muscular endurance
    c. muscular flexibility
    d. power walking
    e. body composition
    f. cardio-respiratory endurance
2. Long term goals describe results that you can see in:
    a. 2 – 4 days
    b. 1 – 3 weeks
    c. 2 – 7 months
3. You should set personal conditioning goals that are
    a. unrealistic
    b. based on your needs
    c. the same for everyone
    d. short term only
4. The harder you exercise the faster your heart beats.
    a. true
    b. false
5. A cool down
    a. returns the body to its pre-workout condition
    b. should include lifting weights
    c. is done prior to exercising
6. The warm-up
    a. is done after exercising.
    b. prepares the body for exercise
    c. should include lifting weights.
7. Which of the following is <u>not</u> a benefit of a fitness program?
    a. look better
    b. more energy
    c. prevents osteoporosis
    d. prevents heart disease
    e. work out

8. _____ Frequency a. How long I exercise at one time

9. _____ Intensity b. How hard I work when exercising

10. _____Time c. How often I exercise