Foundations 1E Lesson 6.4 Quiz Answers

Title: Lesson 6.4 Quiz

Topic: L6.4LO18: Complete your fitness plan using the FITT formula correctly.

1. In the FITT formula, intensity refers to

a. the exercise you choose to do

\*b. how hard you exercise

c. how often you exercise

d. how long you exercise

Title: Lesson 6.4 Quiz

Topic: L6.4LO19: Explain why it is important to set SMART goals.

2. SMART goals can help do all the following EXCEPT

a. keep you accountable

\*b. ensure you will meet your goals

c. keep you motivated

d. clarify what you want to achieve

Title: Lesson 6.4 Quiz

Topic: L6.4LO20: Apply the training principles of specificity, overload, and progression to your fitness plan.

3. Which individual is having a problem with the training principle of progression?

a. Warren wants to improve on his upper body strength, but he does a lot of leg exercises when he gets bored.

b. Charmaine wants to improve her time in the 100-meter dash, but she spends most of her time in the weight room.

\*c. After six weeks of weight training workouts, Cesar is still lifting the same amount of weight at each session.

Title: Lesson 6.4 Quiz

Topic: L6.4LO21: Analyze why it is important to monitor your fitness plan.

4. You should never make adjustments to your fitness goal, as this will spoil your fitness plan.

a. true

\*b. false

Title: Lesson 6.4 Quiz

Topic: L6.4LO22: Examine your use of technology when being physically active.

5. Fitness and exercise apps can help you with all the following EXCEPT

\*a. avoiding injuries while exercising

b. finding ideas for different exercises to do

c. monitoring your daily workouts

d. keeping you interested in working out