Foundations 1E Lesson 6.2 Quiz Answers

Title: Lesson 6.2 Quiz

Topic: L6.2LO7: Compare and contrast health-related fitness and skill-related fitness.

1. You use components of skill-related fitness when you drive a car or walk up and down stairs.

\*a. true

b. false

Title: Lesson 6.2 Quiz

Topic: L6.2LO8: Explain each of the five health-related fitness components.

2. The circulatory system controls the flow of \_\_\_\_\_\_\_\_\_\_ in your body and is vital to cardiorespiratory endurance.

a. oxygen

b. carbon dioxide

c. energy

\*d. blood

Title: Lesson 6.2 Quiz

Topic: L6.2LO9: Use the target heart rate calculation to determine your cardiorespiratory endurance intensity.

3. To exercise at a moderate intensity level, your target heart rate should be at \_\_\_\_\_\_\_\_\_\_ of your maximum heart rate.

a. 30 to 45 percent

b. 50 to 65 percent

\*c. 60 to 75 percent

d. 75 to 90 percent

Title: Lesson 6.2 Quiz

Topic: L6.2L10: Summarize the benefits of regular muscular strength and muscular endurance exercise.

4. Which of the following is NOT a benefit of muscular endurance exercise?

\*a. greater freedom of movement

b. stronger bones

c. correct posture

d. increased energy levels

Type: MT

Title: Lesson 6.2 Quiz

Topic: L6.2L12: Distinguish how at least four of the six skill-related fitness components can be used in sports and everyday life.

5. Match each component of skill-related fitness with its correct description.

a. speed = the ability to perform a movement or cover a distance in a short period of time

b. balance = the ability to keep an upright posture while standing still or moving

c. coordination = the ability to use your senses together with your body parts

d. agility = the ability to change the position of your body quickly and control your body’s movements

e. power = the ability to use strength quickly

f. reaction time = the amount of time it takes to move once you realize the need to move