Foundations 1E Quiz Questions Lesson 6.3

1. Select the TRUE statement(s) about the warm-up part of a workout.

a. The warm-up should increase your heart rate as quickly as possible.

b. You should use your larger muscles during the warm-up.

c. The warm-up should be the focus of your workout.

d. You should include dynamic stretching in the warm-up.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Which is NOT a benefit of being physically active throughout your life?

a. helps to reduce stress

b. improves heart health

c. reduces the risk of hearing loss

d. maintains the ability to live alone

Answer: \_\_\_\_\_

3. Myeong is a bright student, but she has never excelled in her classwork. How might competing on the track team improve Myeong’s school performance?

a. It would help her manage her time better.

b. It would help her be a good sport when someone does better than her.

c. It would teach her to accept her limitations.

d. It would show her how self-motivation and hard work can lead to success.

Answer: \_\_\_\_\_

4. What kinds of sports equipment protect you if you fall?

a. knee pads, wrist pads, and elbow pads

b. goggles or face masks

c. mouth guards

d. reflective clothing

Answer: \_\_\_\_\_

5. Which of the following is best for preventing injury?

a. resting and taking a day off every other week

b. playing through pain

c. using the same muscle groups when you exercise each day

d. using proper techniques when exercising

Answer: \_\_\_\_\_