Foundations 1E Quiz Questions Lesson 6.2

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

a. True

b. False

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

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

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

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

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

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

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

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

\_\_\_ 1. speed

\_\_\_ 2. balance

\_\_\_ 3. coordination

\_\_\_ 4. agility

\_\_\_ 5. power

\_\_\_ 6. reaction time

a. the ability to keep an upright posture while standing still or moving

b. the ability to use strength quickly

c. the ability to change the position of your body quickly and control your body’s movements

d. the ability to use your senses together with your body parts

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

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