Foundations 1E Quiz Questions Lesson 6.4

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

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

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

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

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.

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

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

a. True

b. False

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

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

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