Foundations 1E CT Chapter 6

1. Which is an example of physical fitness?

a. James has no problem riding his bike five miles (8 km) to school and back every day.

b. Shanice wants to improve her flexibility, so she takes a yoga class twice a week.

c. Alyssa loves to compete, so she plays softball in a high school league every spring.

d. LaShawn has to walk from one end of the school building to the other to get to his third hour class on time.

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

2. Match each term with the activity that best describes it.

\_\_\_ 1. doing bicep curls twice a week to increase the size of your upper arms

\_\_\_ 2. walking two miles (3.2 km) to the library near where you live instead of driving yourself

\_\_\_ 3. volunteering to package meals and load them onto trucks at your local food bank

a. physical activity

b. exercise

c. physical fitness

3. Which is NOT a likely result of regular physical activity?

a. reduced anxiety

b. reduced likelihood of obesity

c. reduced opportunities to develop new friendships

d. reduced depression

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

4. Which is the best summary of the benefits of physical activity?

a. If you are physically active, you can skip regular visits to the doctor, you will be more popular, and you will have better family relationships.

b. Benefits of physical activity include not having to do workouts in a gym or fitness center, being able to work out alone, and being able to eat what you want without gaining weight.

c. Physical activity makes your body stronger and gives you more energy, helps keep you in a positive state of mind, and can help you make new friends.

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

5. Over your lifetime, staying physically active can help reduce your risk for chronic diseases.

a. True

b. False

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

6. If you are physically active as a teen, you are more likely to \_\_\_\_\_\_\_\_\_\_ as an adult.

a. have heart disease

b. have high blood pressure

c. be sedentary

d. be physically active

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

7. Name three activities you could do at home when you take an activity break.

Answer:

8. What is the best example of an activity you could do during an activity break at home?

a. Watch a YouTube workout.

b. Unload the dishwasher.

c. Learn your new video game.

d. Play with your dog or cat.

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

9. Your friend Bethany wants to take a 10-minute activity break while she is at home, but she can't decide what to do. What is the best suggestion you could give her?

a. Since it's such a short break, work out with the heaviest weights you can.

b. Think of something fun that you like to do, like spinning a hula hoop.

c. Be sure to use all the major muscle groups when you do your activity.

d. Do some work that needs to be done around your house or apartment.

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

10. You are 16 years old and in high school. You don't live close enough to school to walk or ride your bike, and you have band practice for 90 minutes after school. How could you get the recommended amount of exercise for your age every weekday?

a. You could get 40 minutes in your P.E. class, which meets every day, and do strength training in the weight room for 20 minutes every morning before school.

b. You could take a tennis class, which meets twice a week for 40 minutes, and walk on the treadmill for 45 minutes on the days you don't have tennis.

c. You could work out in the school weight room for 30 minutes three days a week and jog around the track for 20 minutes on the other two days.

d. You could windmill your arms, do deep knee bends, and stretch for a total of five minutes 10 times a day.

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

11. How can you overcome your self-consciousness or worries that people will make fun of you when you work out?

Answer:

12. Match each excuse for inactivity with a way to overcome it and become physically active.

\_\_\_ 1. I don't have the time.

\_\_\_ 2. None of my friends exercise.

\_\_\_ 3. I'm not good at sports.

\_\_\_ 4. I'm too tired.

a. Organize a daily after-school walk for a group.

b. Remember that regular physical activity gives you energy.

c. Plan 10-minute activity breaks throughout your day.

d. Choose activities such as walking, dancing, or yoga.

13. Cory is a soccer goalie. His ability to react quickly to an incoming ball is a skill-related part of fitness.

a. True

b. False

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

14. Which statement best describes health-related fitness and skill-related fitness?

a. Skill-related fitness is about the skills you need to stay fit; health-related fitness is about the exercise you do after an illness.

b. Health-related fitness and skill-related fitness are basically the same; they both refer to exercise and activities of daily living.

c. Health-related fitness has to do with the activities of everyday life; skill-related fitness is more important in sports.

d. Skill-related fitness is important when you are younger, and health-related fitness becomes more important in adulthood.

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

15. Which is the best example of cardiorespiratory endurance?

a. Jiawen bench presses 80 pounds (36.3 kg) one time.

b. Allison runs a marathon.

c. Brie performs gentle yoga stretches.

d. Miguel does 30 push-ups without stopping.

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

16. Jacinda wants to increase her muscular strength. Which exercise should she choose?

a. biceps curl

b. calf stretch

c. lap swim

d. sprint

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

17. Alex has been doing 30 sit-ups without stopping every morning. This is a way he can improve his muscular endurance.

a. True

b. False

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

18. Roberto's father says his shoulder feels stiff and painful when he reaches to catch a high fly ball during his softball games. Which component of health-related fitness is affecting Roberto's father's performance? **Select all that apply.**

a. cardiorespiratory endurance

b. muscular endurance

c. muscular strength

d. flexibility

e. body composition

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

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

a. 50 to 65 percent

b. 60 to 75 percent

c. 75 to 90 percent

d. 85 to 100 percent

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

20. Perceived exertion level is the same for everyone who is doing the same workout.

a. True

b. False

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

21. Three times per week, Grace's mother goes to a gym and works out with weights. How will this exercise plan benefit her mother?

a. It will keep her muscles flexible, with good range of motion.

b. It will improve her respiratory system's ability to supply the blood with oxygen.

c. It will reduce her risk for type 2 diabetes.

d. It will help her do daily activities like mowing the lawn more easily.

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

22. Strong bones, good posture, high energy level, and lean body mass are all benefits of which type of exercise?

a. flexibility and range of motion exercise

b. cardiorespiratory and aerobic exercise

c. cardiovascular and circulation exercise

d. muscular strength and endurance exercise

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

23. Flexibility exercises are responsible for all the following benefits EXCEPT

a. improved posture

b. increased aerobic capacity

c. reduced risk of injury

d. improved performance in sports

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

24. Which is the best example of reaction time?

a. Kylea is always first off the blocks at swim meets.

b. Luis can do the wall sit for longer than anyone in his physical education class.

c. Susan learns new routines quickly in her Zumba class.

d. Benny leads bicycle rides of 15 miles (24 km) or more with a group.

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

25. Trajan jumps so high that he can dunk the basketball. This is an example of the power component of skill-related fitness.

a. True

b. False

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

26. Izzy has just taken up skateboarding for fun. The key skill-related fitness component Izzy will need to develop as she learns to skateboard is

a. agility

b. balance

c. coordination

d. power

e. reaction time

f. speed

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

27. What are the three parts of a workout?

Answer:

28. Elena, a member of her high school's tennis team, wants to improve her ability to move quickly on the court. What should her training workouts look like?

a. agility drills like jump rope, high knees, lateral running, and sprints

b. strength exercises like bench press, leg press, and biceps curls

c. flexibility training like yoga and other stretching routines

d. running drills like long-distance runs and interval training

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

29. What outcome would you predict for someone who is physically active throughout their life?

a. having problems maintaining a healthy weight

b. having balance issues and not feeling confident walking

c. maintaining blood pressure at a healthy level

d. having trouble sleeping and struggling with low moods

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

30. A person who is physically active throughout their life will probably have a lower percentage of body fat than a person who is not physically active.

a. True

b. False

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

31. How can being part of a team sport help to teach you about time management?

Answer:

32. Luke is going for a run outdoors on a cool morning. Which outfit covers all the things he should think about when dressing to be active?

a. tank top, sweatshirt, running pants, athletic socks, running shoes

b. short-sleeved T-shirt, sweatpants, athletic socks, basketball shoes

c. long-sleeved T-shirt, running shorts, everyday socks, running shoes

d. hooded sweatshirt, jogging pants, athletic socks, cross-trainers

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

33. Norah was training to run a half-marathon, but she might not be able to continue training because she was injured two weeks before the race and can't run. What was the most likely cause of her injury?

a. She warmed up and cooled down after every training run.

b. She "ran through the pain" when her left food was hurting.

c. Every week, she took one day off from running to rest.

d. She ran a level, tree-shaded route similar to the race route.

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

34. How does the FITT formula and a fitness plan work together?

a. The fitness plan is specific about what and when you should exercise, and the FITT formula gives general suggestions for using physical activity to stay healthy.

b. The FITT formula tells you how much physical activity to do for each health-related fitness component, and you use it to create a detailed fitness plan.

c. The fitness plan is a guide to testing yourself to find out what you need to work on, and the FITT formula helps you organize your activities into categories.

d. The FITT formula includes some parts of a fitness plan, but a fitness plan covers a longer period of time and includes more activities.

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

35. Which of the following is an example of the second "T" in the FITT formula for physical activity?

a. lap swimming

b. 60 minutes

c. easy pace

d. five times a week

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

36. Nika wanted to be the best guard on her high school basketball team. She enthusiastically did all the workouts and drills her coach assigned. At the end of the season, though, she felt disappointed. She wasn't sure if she had actually been "the best." Which reason for setting a SMART goal should Nika have focused on more than she did?

a. being motivated to achieve your goal

b. being accountable for working toward your goal

c. clarifying what it is that you want to achieve

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

37. List the three training principles you should focus on each week when developing your fitness plan.

Answer:

38. Modifying your goals in a fitness plan spoils the overall plan and requires you to start over.

a. True

b. False

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

39. Which of the following is NOT a benefit you can get from using fitness and exercise apps?

a. keeping you interested in working out

b. reducing the likelihood of injury

c. automatically monitoring your daily workouts

d. finding fresh ideas for new exercises

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