

5 Areas of Health-Related Physical Fitness Quiz

TEST ANSWER KEY

1. What component of fitness describes how well the heart and lungs can use oxygen (how strong your heart is)?
A.) Flexibility **B.) Cardiovascular Endurance** C.) Muscular Strength D.) Flexibility
2. The ability of the muscles to stretch and have a full range of motion is called what?
A.) **Flexibility** B.) Body Composition C.) Muscular Agility D.) Cardiovascular Endurance
3. The aspect of physical fitness that describes how much body fat your body is made of and how much muscle and bone tissue your body is made up of is what?
A.) Muscular Strength **B.) Body Composition** C.) Cardiovascular Endurance D.) Flexibility
4. The aspect of physical fitness describing the maximum weight your muscles can lift 1 time is what?
A.) Flexibility B.) Muscular Endurance C.) Cardiovascular Endurance D.) **Muscular Strength**
5. What aspect of physical fitness describes how much weight your muscles can lift over and over repeatedly?
A.) Cardiovascular Endurance **B.) Muscular Endurance** C.) Flexibility D.) Muscular Strength
6. If John lifts weights 3 days a week, jogs a mile 3 days a week, and eats healthy, then what aspect of physical fitness is he forgetting to work on?
A.) Cardiovascular Endurance B.) Muscular Endurance **C.) Flexibility** D.) Body Composition
7. Name one activity that is used to improve cardiovascular Endurance? _____
8. Name one activity that is used to improve Flexibility? _____
9. Name one activity that is used to improve your muscular strength or endurance? _____
10. What is one way to improve your body composition? _____

BONUS QUESTION: What are the 3 most important factors to improve or maintain good health?

1.) Get Good Sleep

2.) Stay Active

3.) Eat a Healthy Diet

Fitness And Wellness 10th Edition Quiz Answers

Werner W. K. Hoeger



Fitness And Wellness 10th Edition Quiz Answers:

Fitness & Wellness Ray A. Petersen, Norene C. Petersen, 1996 *Test, Measurement And Evaluation In: Sports And Physical Education (5th Edition)* Dr. Devinder K. Kansal, *Test Measurement and Evaluation in Sports and Physical Education* is a foundational academic resource that explores the principles, tools, and techniques used to assess performance, fitness, and skill levels in sports and physical education. Designed for students, educators, and sports professionals, this book provides a clear and systematic approach to understanding the objectives of testing and evaluation in physical education. Standardized measurement techniques for strength, endurance, flexibility, speed, and agility. Fitness and skill testing protocols for various age groups and athletic levels. Data interpretation and performance analysis. Construction and validation of sports-specific tests. The role of evaluation in program planning and improvement. *Fitness and Wellness* Werner W. K. Hoeger, 1993

Total Fitness and Wellness Scott K. Powers, Stephen L. Dodd, 2003 **Fitness and Wellness Strategies** Lon H. Seiger, Kenneth G. Vanderpool, 1998 This brief, straightforward text takes a hands-on approach to the teaching and learning of fitness and wellness programmes by providing lab experiences to bridge the gap between information and application, presenting the information in a concise format. Principles and Labs for Fitness and Wellness Werner W. K. Hoeger, Sharon A. Hoeger, 2004 **PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS SEVENTH EDITION** guides students through the development of an attainable and enjoyable fitness and wellness program. With over 150 pieces of art to make this text truly engaging, it also gives students the motivation and techniques they need to apply their learning experiences and knowledge received from their fitness and wellness course. Perforated laboratory worksheets found at the end of each chapter allow readers to analyze and understand the concepts that they have learned and move to the next state of behavioral modification. The emphasis is on teaching individuals how to take control of their personal health and lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well-being. In addition to the strength of the text, **PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS** comes with a wide range of teaching and learning resources unlike any other to support your course. Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition or the extensive PowerPoint and WebTutor Advantage Online teaching support, each copy of the text comes packaged FREE with the exciting and interactive **PROFILE PLUS** CD-ROM. Unique to any learning tutorial, this CD-ROM includes self-paced guided assessments, exercise prescriptions, and logs, nutrition analysis, and a text-specific study guide appropriate for all health students. Whether supporting active learning or active teaching, this text has it all. **Total Fitness and Wellness** Scott Kline Powers, Stephen L. Dodd, Virginia J. Noland, 2006 **Lifetime Physical Fitness and Wellness** Werner W. K. Hoeger, 1995 **Personal Health** Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding, 2003 **PERSONAL HEALTH PERSPECTIVES AND LIFESTYLES** emphasizes the individual's personal responsibility for wellness by presenting general core and current health information to guide decision making. The focus of

the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family Filled with practical advice stimulating discussion questions and self assessment exercises this text take an applied approach and empowers students to take control of their own health Concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up to date resources for health related culture gender ethnic and age issues **Tests in Print** Oscar Krisen Buros,2006

Principles and Labs for Physical Fitness Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04 **Instructor's Manual with Test Bank to Accompany Nutrition and Diet Therapy, Fourth Edition [by] Corinne Balog Cataldo ...** Corinne Balog Cataldo, Jana R. Kicklighter, Linda Kelly DeBruyne, Eleanor Noss Whitney, 1995 *Wellness* Werner W. K. Hoeger, Lori Waite Turner, Brent Q. Hafen, 2002 This book places a strong emphasis on the individual being responsible for their own health and wellness It covers assessing your own personal attitudes and behavior and where necessary making appropriate changes stressing the benefits of exercise to increase wellness and longevity **Tests in Print IV** Linda L. Murphy, Jane Close Conoley, James C. Impara, 1994 **Fitness for Wellness** Frank D. Rosato, 2000 **Fitness and Wellness** Frank D. Rosato, 1990 Abstract This book discusses the connection between exercise and physical fitness and wellness and disease prevention Topics included are a discussion of risk factors for particular diseases exercise motivational strategies guidelines for exercise programs and good nutrition as a factor in wellness Numerous illustrations graphs charts and assessment worksheets are included *Mental Measurements Yearbook of the School of Education, Rutgers University* ,1998

WIDM '05 Angela Bonifati, Dongwon Lee, Marc Ronthaler, 2005 **Contemporary's GED Test 1** Susan Breemer Wickham, 1994 **Modern Healthcare** ,1982

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