

Fitness Quiz – Extra Credit

5pts. Due Sept. 1

This Assignment may be completed on the student's CANVAS account or printed off and submitted.

Circle the correct answer.

1. Sedentary means _____.
 - Disease caused partly by unhealthy behaviors and partly by other factors.
 - Anything that increases the likelihood of injury, disease, or other health problems.
 - Not taking part in physical activity on a regular basis.
 - Exercising every day for two hours a day.

2. Fitness training stops at what age?
 - 10 -15
 - 15 -18
 - 18 -25
 - 25 - 32
 - None of the above

3. Ability to exert force
 - Ability to work the muscle over a period of time
 - Ability to exert force
 - Range of movement possible at various joints
 - The ability to bend and touch the toes

4. _____ is the ability to do daily activities without becoming overly tired.
 - Healthy
 - Aerobic
 - Overweight
 - Physical fitness

5. Which of these statements describe the results of exercise?
 - Breathing rate decreases to increase oxygen flow to muscles
 - Breathing rate increases to increase oxygen flow to muscles
 - Breathing rate decreases to reduce oxygen flow to muscles
 - Breathing rate decreases to increase carbon dioxide flow to muscles