

Principles of Fitness Answer Key

1. In order to get the most benefits from exercise with the least amount of risk, you should:
 - a. Exercise at a high intensity such as sprinting or running.
 - b. Exercise at a moderate intensity such as brisk walking, swimming or cycling**
 - c. Exercise at a low intensity.
 - d. The intensity doesn't matter.
2. Which of the following is not a primary benefit of regular cardiovascular exercise?
 - a. Increased ability to take in and use oxygen
 - b. Improved balance**
 - c. Lower blood pressure
 - d. Lower pulse rate
3. Controlled arm and leg swings, slow activity which warms and stretches muscles is called:
 - a. Static stretching
 - b. Passive stretching
 - c. Dynamic stretching**
 - d. Proprioceptive Neuromuscular Facilitation
4. Fitness walking, jogging, and running are physical activities that can improve:
 - a. muscle endurance and flexibility
 - b. cardiovascular fitness and flexibility
 - c. cardiovascular fitness and body composition**
 - d. muscle strength and endurance
5. Muscular strength is:
 - a. the ability for arm muscles to lift weights over your head
 - b. the ability of a muscle or group of muscles to exert maximum force**
 - c. the ability to run more than one mile
 - d. the ability to jump over a car
6. Stretching by assuming a stretch position and holding it for 30 to 60 seconds is called:
 - a. Static stretching**
 - b. Passive stretching
 - c. Dynamic stretching
 - d. Proprioceptive Neuromuscular Facilitation
7. What does FITT stand for?
 - a. Fitness, Interval, Time, Type
 - b. Frequency, Interval, Time, Type
 - c. Frequency, Intensity, Time, Type**
 - d. Frequency, Intensity, Trial, Type
8. Increasing muscular strength helps:
 - a. increase lean tissue
 - b. decrease body fat
 - c. improve fitness
 - d. all of the above**

Lightning Fitness Answer Key

SB Merriam



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