

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 3 times 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 2 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

S Ben Porath



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