



SCORE: _____

DATE: _____

General Instructions: Follow the INSTRUCTION in every Test/Part properly.

Test 1. Multiple Choice: Encircle the chosen letter which you think is the correct answer.

1. The ability of the heart and lungs to deliver oxygen to working muscles during physical activity for a long period of time is called ____?
 - a. Cardiovascular Endurance
 - b. Flexibility
 - c. Body Composition
 - d. Muscular Strength
2. What is the advantage of exercise?
 - a. Improved quality of life
 - b. Decrease chronic disease
 - c. Stress Relief
 - d. All of the above
3. Doing muscular strengthening exercises also develops ones ____?
 - a. Cardiovascular Endurance
 - b. Muscular Endurance
 - c. Flexibility
 - d. Bone strength
4. If Randy perform short bursts of lifting very heavy weights with low repetitions, this type of exercise is called ____?
 - a. aerobic exercise
 - b. muscular strength exercise
 - c. bone strength exercise
 - d. anaerobic exercise
5. The ability of a muscle to exert force for a brief period of time is referred as ____?
 - a. Muscular Endurance
 - b. Muscular Strength
 - c. Cardiovascular endurance
 - d. Flexibility
6. Push up, weight lifting, plyometrics are examples of what exercises?
 - a. Muscular Endurance
 - b. Muscular Strength
 - c. Cardiovascular Endurance
 - d. Flexibility
7. 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
8. What does F.I.T.T. stands for?
 - a. Fitness, Intelligence, Total Turnout
 - b. Frequency, Intensity, Temperature, Time
 - c. Frequency, Intensity, Time, Type
 - d. Fun, Intensity, Teamwork, Trust
9. Running, cycling, swimming, and dancing are all examples of what type of exercise?
 - a. resistance exercise
 - b. aerobic exercise
 - c. muscular strengthening
 - d. flexibility exercises
10. When weight lifting for muscular strength, one should lift ____ weight and do ____ repetitions?
 - a. less: fewer
 - b. less: more
 - c. more: many
 - d. more: fewer
11. "Repetitions" in muscular strengthening exercise refers to ____?
 - a. the length of time an exercise is performed
 - b. a fixed number of reps followed by a rest period
 - c. a rest period
 - d. the number of times an exercise is performed
12. Bonifacio is trying to find out how much weight he can push across the room. He is really trying to measure his ____?
 - a. flexibility
 - b. bone strength

Gradesesoth Pjune Exam

BM King



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Table of Contents Gradesesoth Pjune Exam

1. Understanding the eBook Gradesesoth Pjune Exam
 - The Rise of Digital Reading Gradesesoth Pjune Exam
 - Advantages of eBooks Over Traditional Books
2. Identifying Gradesesoth Pjune Exam
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Gradesesoth Pjune Exam
 - User-Friendly Interface
4. Exploring eBook Recommendations from Gradesesoth Pjune Exam
 - Personalized Recommendations
 - Gradesesoth Pjune Exam User Reviews and Ratings
 - Gradesesoth Pjune Exam and Bestseller Lists
5. Accessing Gradesesoth Pjune Exam Free and Paid eBooks

- Gradesesoth Pjune Exam Public Domain eBooks
- Gradesesoth Pjune Exam eBook Subscription Services
- Gradesesoth Pjune Exam Budget-Friendly Options
- 6. Navigating Gradesesoth Pjune Exam eBook Formats
 - ePub, PDF, MOBI, and More
 - Gradesesoth Pjune Exam Compatibility with Devices
 - Gradesesoth Pjune Exam Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gradesesoth Pjune Exam
 - Highlighting and Note-Taking Gradesesoth Pjune Exam
 - Interactive Elements Gradesesoth Pjune Exam
- 8. Staying Engaged with Gradesesoth Pjune Exam
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gradesesoth Pjune Exam
- 9. Balancing eBooks and Physical Books Gradesesoth Pjune Exam
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gradesesoth Pjune Exam
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Gradesesoth Pjune Exam
 - Setting Reading Goals Gradesesoth Pjune Exam
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Gradesesoth Pjune Exam
 - Fact-Checking eBook Content of Gradesesoth Pjune Exam
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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