

Name: _____
Section/Period/Day _____

**GRADE 7
S3.M6-14.7**

Physical Education Common Summative Assessment

1. A certain amount of body fat is essential
 - A. for protecting internal organs
 - B. as an energy source
 - C. for proper growth
 - D. all of the above
2. Which term means “with oxygen?”
 - A. anabolic
 - B. aerobic
 - C. anaerobic
 - D. cardiovascular
3. Aerobic endurance activities involve primarily which two body systems?
 - A. skeletal (bones) and digestive (stomach)
 - B. circulatory (heart, blood) and respiratory (lungs)
 - C. nervous (brain, nerves) and respiratory (lungs)
 - D. muscular (muscles) and nervous (brain, nerves)
4. Flexible muscles
 - A. are less likely to be injured (i.e., strained)
 - B. improve mental preparation for activity
 - C. increase muscle strength
 - D. increase muscle endurance
5. To develop and maintain aerobic fitness, a person should
 - A. ride a bicycle 5-10 minutes, once a week
 - B. ride a bicycle 20-30 minutes, 3-4 times per week
 - C. ride a bicycle
 - D. ride a bicycle 10-20 minutes, 1-2 times per week
6. To improve flexibility, one should
 - A. stretch at least 3-4 times per week
 - B. hold the stretch at least 20 seconds
 - C. stretch until you feel pain; then stretch a little further
 - D. jog on a regular basis
7. When you begin an exercise program, you should
 - A. try to match other people’s plans
 - B. develop a plan and begin exercising moderately
 - C. exercise intensely for a week to learn your fitness needs
 - D. exercise moderately with no need to worry about developing a plan

8. Benefits of regular exercise include
 - A. higher blood pressure
 - B. you don't have to worry about eating fatty foods
 - C. improved self-esteem
 - D. getting plenty of sleep become less important
9. Which activity best improves aerobic fitness?
 - A. volleyball
 - B. cross-country skiing
 - C. football
 - D. softball
10. The best fluid with which to hydrate before, during, and after physical activity is
 - A. pop (soda)
 - B. water
 - C. sports drink
 - D. milk
11. Which of the following will reduce the likelihood of workout injuries?
 - A. be sure all muscle groups are exercised regularly
 - B. warm-up
 - C. increase workout loads gradually
 - D. all of the above
12. A physically fit person, most likely will
 - A. Be able to physically handle emergency situations
 - B. have more energy for recreational activities after school or work
 - C. have lower blood pressure
 - D. all of the above
13. "Anaerobic" means
 - A. with oxygen
 - B. steady breathing
 - C. without oxygen
 - D. low blood pressure
14. An example of an anaerobic activity
 - A. dance
 - B. sprinting
 - C. one-mile walk/run
 - D. golf
15. Body composition is defined as
 - A. total amount of force muscles can produce once
 - B. ability to use body joints fully
 - C. ability of the heart, lungs, and blood vessels to exercise for a long time
 - D. percentage of fat compared to muscle and other tissues