

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**