

Name: _____
Section/Period/Day _____

GRADE 8
S3.M7, 10-15.8

Physical Education Common Summative Assessment

1. 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)
2. Muscular strength is defined as
 - A. Total amount of force muscles can produce once
 - B. Ability of heart, lungs, and blood vessels to exercise for a long time
 - C. Percentage of fat compared to muscle and other tissues
 - D. Ability to keep the body in an upright position
3. Muscular endurance is defined as
 - A. Total amount of force muscles can produce once
 - B. Ability of heart, lungs, and blood vessels to exercise for a long time
 - C. Percentage of fat compared to muscle and other tissues
 - D. Ability of different muscle groups to do an activity many times without getting tired
4. Flexibility 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
5. 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
6. Your core is defined as which muscle groups?
 - A. Biceps and triceps
 - B. Biceps and gluteus maximus
 - C. Abdominal and back
 - D. Quadriceps and hamstrings
7. Biomechanical (principals of motion) concepts include
 - A. Range of motion
 - B. Speed
 - C. Force
 - D. All of the above

8. 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
9. Which of these, if done regularly, most likely would improve overall flexibility?
- A. Jogging
 - B. Stretching
 - C. In-line skating
 - D. Weight training
10. How often you exercise is called
- A. Frequency
 - B. Intensity
 - C. Time
 - D. Repetition
11. The best choices for measuring pulse are at the
- A. Knee, neck
 - B. Neck, wrist
 - C. Chest, thigh
 - D. Wrist, elbow
12. The best fluid with which to hydrate before, during, and after physical activity is
- A. Pop (soda)
 - B. Water
 - C. Sports drink
 - D. Milk
13. A physically fit person will most likely
- 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
14. A proper warm-up includes
- A. Slow cardio (jogging)
 - B. Stretching
 - C. Fast cardio (sprinting)
 - D. A & B
15. A proper cool down includes
- A. H₂O
 - B. Slow cardio (walking)
 - C. Stretching
 - D. All of the above