

Concepts of Physical Education

STUDENT'S VERSION (WORD WRITABLE)

Name: Click or tap here to enter text.

Date: Click or tap to enter a date.

Period: Click or tap here to enter text.

Teacher: Click or tap here to enter text.

School: Click or tap here to enter text.

Multiple Choice (select one answer)

1. Which activity would most improve a student's flexibility? (1 pt.)

- ☐ A. Jumping rope
- ☐ B. Push-ups
- ☐ C. Stretching
- ☐ D. Walking

Multiple Choice (select one answer)

2. In order to dribble a basketball, a student needs to use their hands and eyes. Which skill-related fitness component uses two or more body parts at the same time? (1 pt.)

- ☐ A. Coordination
- ☐ B. Agility
- ☐ C. Reaction time
- ☐ D. Balance

Short Answer

3. What is one activity that will improve a student's muscular strength? (2 pts.)

Click or tap here to enter text.

Multiple Choice (select one answer)

4. A student who improves their cardiorespiratory endurance will most likely increase their performance on the: (1 pt.)

- ☐ A. One-leg or two-leg sit-and-reach test
- ☐ B. PACER run or mile run test
- ☐ C. Push-up or pull-up test
- ☐ D. Curl-up or sit-up test

Multiple Choice (select one answer)

5. Which skill-related fitness component is used when a student can ride a bicycle without falling? (1 pt.)

- ☐ A. Coordination
- ☐ B. Agility
- ☐ C. Reaction time
- ☐ D. Balance

Matching: Write the letter of the definition for each word on the correct line. Each letter can only be used once.

6. Define each component of the FITT principle. (4 pts.)

Frequency: Click or tap here to enter text.

Intensity: Click or tap here to enter text.

Time: Click or tap here to enter text.

Type: Click or tap here to enter text.

- A.** How long the student works out at each session
- B.** The exercise the student does at the activity session
- C.** How often the student does the activity each week
- D.** How hard I work at the activity session

Multiple Choice (select one answer)

7. Which group of muscles would the student want to improve on to increase their sit-and-reach test? (1 pt.)

- ☐ A. Muscles in their arms
- ☐ B. Muscles in their legs
- ☐ C. Muscles in their core
- ☐ D. Muscles in their calves

Short Answer

8. What is one activity that will improve a student's muscular endurance? (2 pts.)

Click or tap here to enter text.

Multiple Choice (select one answer)

9. A benefit of improving my cardiorespiratory endurance is: (1 pt.)

- ☐ A. Being able to do more curl-ups
- ☐ B. Being able to stretch farther
- ☐ C. Being able to do more push-ups
- ☐ D. Being able to jog longer

Multiple Choice (select one answer)

10. Which body part is an arm muscle? (1 pt.)

- ☐ A. Hamstring
- ☐ B. Spine
- ☐ C. Bicep
- ☐ D. Femur