

# 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.

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### Multiple Choice (select one answer)

1. Which of the following static stretching programs would best maintain or improve the overall flexibility of a student? (1 pt.)
  - ☐ A. Fifty to sixty minutes, once a week
  - ☐ B. Twenty to thirty minutes, once a week
  - ☐ C. Five to ten minutes, three days a week
  - ☐ D. Fifteen to thirty minutes, seven days a week

### Multiple Choice (select one answer)

2. Which of the following routines represents the most appropriate form of exercise that a person should participate in at the beginning of a fitness program? (1 pt.)
  - ☐ A. Vigorous aerobic dance three times a week
  - ☐ B. Brisk walking for thirty minutes three times a week
  - ☐ C. Running three to five miles two times a week
  - ☐ D. Swimming for one hour five times a week

### Multiple Choice (select three answers)

3. Identify *three* benefits of the warm-up phase of a workout. (3 pts.)
  - ☐ A. Prevent injuries by increasing blood flow to the muscles
  - ☐ B. Increase body temperature
  - ☐ C. Stretch large body muscles to increase elasticity
  - ☐ D. Decrease heart rate

### Short Answer

4. Create a cardiorespiratory endurance plan for a sedentary teen, using the FITT principle that would support improvement for this component. (4 pts.)

#### Component of Health-Related Fitness—Cardiorespiratory Endurance

**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.

### Multiple Choice (select one answer)

5. Which example best demonstrates the principle of specificity? (1 pt.)

- ☐ A. Push-ups to gain flexibility
- ☐ B. Pull-ups to decrease body fat
- ☐ C. Bicep curls to increase muscular strength in biceps
- ☐ D. Repetitions of heavy weights to increase muscular endurance

### Short Answer

6. A thirty-two-year-old accountant spends much of the day working at the computer. The accountant's body fat percentage is approaching the healthy level for their age. They take a twenty-minute walk, three days a week, but are not training in their target heart-rate zone. (3 pts.)

- Identify **two** changes the accountant needs to make that would increase intensity and improve the current fitness level for cardiorespiratory endurance.
- Explain how those changes impact cardiorespiratory health.

**Change 1:** Click or tap here to enter text.

**Change 2:** Click or tap here to enter text.

**Explain how those changes impact cardiorespiratory health:** Click or tap here to enter text.

**Multiple Choice (select one answer)**

7. How could a weight lifting program, focused on muscular endurance, impact body composition? (1 pt.)

- ☐ A. Increase body fat percentage
- ☐ B. Decrease body fat percentage
- ☐ C. No impact on body fat percentage
- ☐ D. None of the above

**Short Answer**

8. Discuss two benefits of physical activity achieved by participating in a regular fitness program after graduation. (2 pts.)

Benefit 1: Click or tap here to enter text.

Benefit 2: Click or tap here to enter text.

**Multiple Choice (select one answer)**

9. Which of the following strategies should be used when returning to a workout program after an extended illness? (1 pt.)

- ☐ A. Return at a lower level of intensity.
- ☐ B. Return at the same level of intensity.
- ☐ C. Return at a higher level of intensity.
- ☐ D. None of the above.

**Short Answer**

10. Specificity, along with rest and recovery, are two training principles that are an important part of any fitness program. Choose *two* of the remaining training principles and explain the role of each in a fitness plan. (4 pts.)

Training principle 1: Click or tap here to enter text.

Role in exercise program: Click or tap here to enter text.

Training principle 2: Click or tap here to enter text.

Role in exercise program: Click or tap here to enter text.

### Short Answer

11. A 26-year-old, with a poor diet, has not exercised since high school. The results of a fitness evaluation suggest an unhealthy range in all of the components of health-related fitness. (3 pts.)

Explain one physical, mental, and professional benefit that an effective, consistent muscular endurance fitness plan would provide.

**Physical benefit:** Click or tap here to enter text.

**Mental benefit:** Click or tap here to enter text.

**Professional benefit:** Click or tap here to enter text.

### Multiple Choice (select two answers)

12. Which *two* of the following risk factors would lead a person to seek medical guidance before starting a fitness program? (2 pts.)

- ☐ A. Asthma
- ☐ B. Food allergy
- ☐ C. Common cold
- ☐ D. Concussion

### Short Answer

13. Explain why the push-up test is muscular strength for some students and muscular endurance for others. (2 pts.)

Click or tap here to enter text.

### Short Answer

14. Name two activities that specifically promote flexibility. (2 pts.)

**Activity 1:** Click or tap here to enter text.

**Activity 2:** Click or tap here to enter text.

### Short Answer

15. Describe two benefits of maintaining a fitness log. (2 pts.)

**Benefit or reason 1:** Click or tap here to enter text.

**Benefit or reason 2:** Click or tap here to enter text.

**Multiple Choice (select one answer)**

16. Which best describes the process that should be followed when creating a fitness goal? (1 pt.)

- ☐ A. Overload, specificity, progression
- ☐ B. Assessment scores, activities, timeline
- ☐ C. Strategy, technology, safety
- ☐ D. Collaboration, activities, diminishing returns

**Multiple Choice (select two answers)**

17. Which two of the following pieces of information is essential for a person to know before setting personal fitness goals? (2 pts.)

- ☐ A. Past level of fitness
- ☐ B. Current level of fitness
- ☐ C. Fitness score is approaching healthy standard
- ☐ D. No fitness scores

**Short Answer**

18. Analyze the following fitness testing scores. (4 pts.)

- Choose two areas that need to improve.
- For each of the two areas chosen, provide one suggestion, using the FITT Principle, that may help improve that particular area.

Assessment Area	Wade's Score	Minimum Health-Related Standard
Sit-and-reach (inches)	6	8
Curl-ups	20	24
Push-ups	11	16
Pacer run	54	51

One area that needs to improve: Click or tap here to enter text.

One suggestion for improvement: Click or tap here to enter text.

Another area that needs to improve: Click or tap here to enter text.

One suggestion for improvement: Click or tap here to enter text.

### Short Answer

19. Select *two* activities from the list below. Identify one safety concern for each activity and explain how you would demonstrate safe participation. (4pts)

- Biking
- Swimming
- Jogging/running
- Sport activity

**1<sup>st</sup> Activity:** Click or tap here to enter text.

Concern: Click or tap here to enter text.

Explanation: Click or tap here to enter text.

**2<sup>nd</sup> Activity:** Click or tap here to enter text.

Concern: Click or tap here to enter text.

Explanation: Click or tap here to enter text.

### Short Answer

20. Identify one component of skill-related fitness that is directly connected to standing long jump and explain why. (2 pts.)

**Component of skill-related fitness:** Click or tap here to enter text.

**Explanation:** Click or tap here to enter text.