

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 of the following activities requires the highest level of cardiorespiratory endurance? (1 pt.)
- ☐ A. 2-minute sprint
 - ☐ B. 30-minute walk
 - ☐ C. 20-minute jog
 - ☐ D. 5-minute game of tag

Multiple Choice (select one answer)

2. When participating in a physical activity, which is the proper order to follow? (1 pt.)
- ☐ A. Warm up, stretching, physical activity, cool down
 - ☐ B. Cool down, physical activity, stretching, warm up
 - ☐ C. Stretching, physical activity, cool down, warm up
 - ☐ D. Stretching, cool down, physical activity, warm up

Matching

3. Complete the definition for each component of the FITT principle. Write the words from the word list on the lines below, *use each word once*. (4 pts.)

kind

long

often

hard

- | | | |
|---|-----------|--|
| F | Frequency | How Click or tap here to enter text. a student exercises during a week. |
| I | Intensity | How Click or tap here to enter text. a student exercises during a workout. |
| T | Time | How Click or tap here to enter text. a student exercises during a workout. |
| T | Type | The different Click or tap here to enter text. of exercises included in a workout. |

Short Answer

4. What is dehydration? What are two symptoms of dehydration that negatively impact physical performance? (3 pts.)

Dehydration is: [Click or tap here to enter text.](#)

One symptom that negatively impacts physical performance: [Click or tap here to enter text.](#)

Another symptom that negatively impacts physical performance: [Click or tap here to enter text.](#)

Multiple Choice (select one answer)

5. Which of the following activities would best develop muscular strength? (1 pt.)

- ☐ A. 5 Pull-ups
- ☐ B. 45 Curl-ups
- ☐ C. Jog for 20 minutes
- ☐ D. Stretching for 10 minutes

Multiple Choice (select one answer)

6. Which of the following demonstrates the target heart rate zone of a 13-year-old? (1 pt.)

- ☐ A. 41–72 beats per minute (20–35% of your maximum heart rate)
- ☐ B. 83–197 beats per minute (40–95% of your maximum heart rate)
- ☐ C. 124–181 beats per minute (60–85% of your maximum heart rate)
- ☐ D. 190–207 beats per minute (92–100% of your maximum heart rate)

Short Answer

7. The student in the chart below needs to improve their score in two of the four assessment items listed. Using *frequency* and *time* of the FITT principle, describe a plan that would help this student improve on two scores that do not meet Minimum Health-Related Standards. Complete the following: (6 pts.)

Fitness Assessment	P.E. Student Scores	Minimum Health Related Standards
curl-ups	45	42
push-ups	4	24
sit-and-reach (inches)	12	10
PACER (laps)	20	31

1. **Fitness Assessment item:**

How the student may improve their score using *frequency* and *time*:

[Click or tap here to enter text.](#)

2. **Fitness Assessment item:**

How the student may improve their score using *frequency* and *time*:

[Click or tap here to enter text.](#)

Multiple Choice (select one answer)

8. If a student increases their level of physical activity and decreases their food intake, what is the most likely effect on their body over time? (1 pt.)

- ☐ A. The student would gain body fat
- ☐ B. The student would gain weight
- ☐ C. The student would lose weight
- ☐ D. The student would lose muscle mass

Short Answer

9. An important procedure in physical activity is the cool down phase. What are two benefits to the body of cooling down? (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)

10. Which of the following sets of body characteristics are used to determine a student's body composition? (1 pt.)

- ☐ A. Weight and muscular strength
- ☐ B. Muscular strength and body fat
- ☐ C. Skeletal structure and endurance
- ☐ D. Lean mass (bones, muscles, skin, organs & water) and body fat

Short Answer

11. Rewrite the following cardiorespiratory endurance goal to include the SMART goal characteristics *measurable* and *time-bound*. (2 pts.)

S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Time-bound

Goal: I will improve on the PACER.

Rewrite the goal to be *measurable* and *time-bound*: Click or tap here to enter text.

Short Answer

12. Name two components of health-related fitness. Identify a fitness assessment that measures each component. (4 pts.)

Health-related fitness component 1: Click or tap here to enter text.

How it can be measured (fitness assessment): Click or tap here to enter text.

Health-related fitness component 2: Click or tap here to enter text.

How it can be measured (fitness assessment): Click or tap here to enter text.

Multiple Choice (select one answer)

13. Which of the following large muscle groups receives the greatest workout from the curl-up assessment? (1 pt.)

- ☐ A. Biceps
- ☐ B. Abdominals
- ☐ C. Hamstrings
- ☐ D. Quadriceps

Short Answer

14. Describe two benefits of physical activity that positively affect *physical* health. (2 pts.)

Benefits of physical activity on physical health:

Benefit 1: Click or tap here to enter text.

Benefit 2: Click or tap here to enter text.

Multiple Choice (select one answer)

15. Which of the following practices would best serve to prevent dehydration? (1 pt.)

- ☐ A. Drink water only when thirsty.
- ☐ B. Drink fruit juice or a sport drink during a workout.
- ☐ C. Drink a lot of water after a workout.
- ☐ D. Drink water often throughout the day.

Multiple Choice (select one answer)

16. A physical education student completed four fitness assessments:

Mile Run: In Healthy Fitness Zone
Curl-Ups: In Healthy Fitness Zone
Pull-Ups: Above Healthy Fitness Zone
Sit and Reach: Below Healthy Fitness Zone

Which component of health-related fitness needs the most improvement? (1 pt.)

- ☐ A. Flexibility
☐ B. Body composition
☐ C. Muscular endurance
☐ D. Cardiorespiratory endurance

Short Answer

17. Describe two benefits of physical activity that positively affect *mental* health. (2 pts)

Benefits of physical activity on mental health:

Benefit 1: Click or tap here to enter text.

Benefit 2: Click or tap here to enter text.

Short Answer

18. Provide an example of a sport/activity that requires each of the following components of skill-related fitness. (2 pts.)

Balance: Click or tap here to enter text.

Speed: Click or tap here to enter text.

Short Answer

19. A student does the following activities every week outside of physical education class:

- Jogging for forty minutes two times a week
- Swimming for thirty minutes two times a week
- Riding a bike for thirty minutes four times a week.

Using the information above about what the student's activities were outside of P.E. each week, answer the following questions.

Which piece of the FITT principle is missing? (3 pts.)

Missing FITT component: Click or tap here to enter text.

What is one component of health-related fitness that is missing?

Missing health-related fitness component: Click or tap here to enter text.

Based on your answers above, what is one recommendation you would make to help this student meet the FITT-principle guidelines?

Recommendation: [Click or tap here to enter text.](#)

Multiple Choice (select one answer)

20. Below are the FITT-principle guidelines for one of the components of health-related fitness. Identify the component of health-related fitness. (1 pt.)

FITT	Guidelines
frequency	3–5 days per week
intensity	60–85% of Maximum Heart Rate (Target Heart Rate Zone)
time	20–60 Minutes per session
type	Brisk walking, stair climbing, jogging, rollerblading, etc.

- ☐ A. Muscular endurance
- ☐ B. Cardiorespiratory endurance
- ☐ C. Muscular strength
- ☐ D. Flexibility