

Benchmark 4B Fitness Test Bank

Name: _____ Class: _____ Date: _____

Directions: Choose one option (A, B, or C) for Topic 1: Components of Fitness. Complete all questions for Topic 2: Fitness Concepts

Topic 1: Components of Fitness

Option A:

Match the appropriate component of health-related fitness to the description of the component.

- a. Flexibility
- b. Muscular endurance
- c. Muscular strength
- d. Cardio-respiratory fitness

1. _____ The ability of the heart and lungs to supply oxygen to the working muscles for an extended period of time.
2. _____ A measure of the greatest force that can be produced by a muscle or group of muscles.
3. _____ The ability of a joint to move freely in every direction or, more specifically, through a full and normal range of motion.
4. _____ The ability to contract a muscle or group of muscles repeatedly without getting tired.

Option B:

Write one exercise you like to do to improve each component of fitness.

1. Cardio-respiratory	
2. Flexibility	
3. Muscular strength	
4. Muscular endurance	

Multiple Choice: Choose the appropriate answer given the description.

1. _____ Which of the following is a cardio-respiratory endurance activity?
 - A. Push-ups
 - B. Mile run
 - C. Curl-ups
 - D. 100-meter dash

2. _____ Which of the following activities uses flexibility?
 - A. Push-ups
 - B. Mile run
 - C. Sit and reach
 - D. Curl up

3. _____ Which of the following activities uses muscular strength?
 - A. Jogging
 - B. Swimming
 - C. Stretching down to touch my toes
 - D. Lifting a heavy weight

4. _____ Which of the following activities uses muscular endurance?
 - A. Jogging
 - B. Swimming
 - C. Stretching down to touch my toes
 - D. Push-up

Topic 2: Fitness Concepts

Option A:

Match the appropriate principle of health-related fitness to the description of the principle.

- A. Frequency
- B. Intensity
- C. Type
- D. Time

1. _____ How often a person exercises. The number of times a person engages in physical activity that is moderate to vigorous in nature.
2. _____ How hard a person exercises. The speed or workload used in a given exercise period.
3. _____ How long a person exercises. The number of minutes of physical activity.
4. _____ The kind of exercise that is done. Exercise that is specific to the system that is being worked or stressed during activity.

Option B: Multiple Choice

1. You are preparing to exercise. Place a #1 next to the part of the workout you would do first, #2 for the part you would do second and #3 next to the part you would do last.

- _____ Cool-down
- _____ Warm-up
- _____ Main Activity

2. _____ While participating in moderate to vigorous activities, your target heart rate should be?
 - A. 80-100% of your maximum heart rate
 - B. 60-80% of your maximum heart rate
 - C. 40-60% of your maximum heart rate
 - D. 20-40% of your maximum heart rate