Score: Click or tap here to enter text. /45

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 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)**

1. 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)**

1. 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**

1. 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)**

1. 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**

1. 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)**

1. 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**

1. 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)**

1. 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**

1. 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**

1. 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)**

1. 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**

1. 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**

1. 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**

1. 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)**

1. 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)**

1. 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**

1. 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**

1. 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

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

Concern: Click or tap here to enter text.

Explanation: Click or tap here to enter text.

2nd 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**

1. 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.