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.