

Fitness for Sport & Exercise Test 1 ANSWERS

Read each question carefully & select the correct answer by circling one option (A, B, C or D)

If you want to change your answer, neatly cross out the wrong answer & circle the correct one.

1. **What is another name for cardio-vascular endurance?**
 - A. Speed
 - B. Muscular endurance
 - C. **Stamina**
 - D. Flexibility

2. **Which of the following activities would you need good cardio-vascular endurance?**
 - A. 100m sprint
 - B. **Marathon**
 - C. Shooting
 - D. Archery

3. **Which of the following components of fitness does the following definition best describe?**
“The maximal force produced in one single contraction”
 - A. **Strength**
 - B. Muscular endurance
 - C. Reaction time
 - D. Power

4. **Which of the following components of fitness does the following definition best describe?**
“The ability to change direction quickly”
 - A. Balance
 - B. Speed
 - C. Body composition
 - D. **Agility**

5. **What are the two types of reaction time?**
 - A. Multiple and single
 - B. Choice and single
 - C. First and choice
 - D. **Choice and simple**

6. **What definition best describes reaction time?**
A. How quick you do something
B. The ability to respond to a stimulus
C. Being quick
D. How fast you can run
7. **Which of the following components of fitness does the following definition best describe?**
“The ability of muscles to sustain repeated contractions over a long period of time”
A. Strength
B. Muscular endurance
C. Flexibility
D. Cardio-vascular endurance
8. **What are the two types of balance?**
A. Still and moving
B. Static and moving
C. Dynamic and static
D. Stable and dynamic
9. **Which of the following sport’s performers would you need good agility?**
A. 100m sprinter
B. Football winger
C. Marathon runner
D. Golfer
10. **What component of fitness do the “ruler drop test” & “stop watch test” measure?**
A. Reaction time
B. Co-ordination
C. Speed
D. Flexibility
11. **Which of the following components of fitness does the following definition best describe?**
“The ability to perform two or more tasks at once”
A. Speed
B. Co-ordination
C. Reaction time
D. Agility

12. Which of the following components of fitness does the following definition best describe?

“The range of motion possible at a joint”

- A. Strength
- B. Balance
- C. Agility
- D. Flexibility**

13. Which of the following sport’s performers would need the most muscular endurance?

- A. 100m sprinter
- B. Golfer
- C. Clay pigeon shooter
- D. Rower**

14. Which definition best describes body composition?

- A. How fat you are
- B. The ratio of fat mass in your body
- C. How muscley you are compared to fat mass
- D. The ratio of fat to muscle, bone and lean body mass**

15. What is another name for body shape?

- A. Mesomorph
- B. Body type
- C. Somatotype**
- D. Endomorph

16. Which of the following components of fitness does the following definition best describe?

“The ability to move the body or body parts quickly”

- A. Speed**
- B. Agility
- C. Reaction time
- D. Power

17. Which of the following components of fitness does the following definition best describe?

“The ability to produce a maximal force as quickly as possible”

- A. Speed
- B. Reaction time
- C. Power**
- D. Agility

18. Which of the following body shapes would be best suited to sports like boxing?

- A. Mesomorph
- B. Endomorph
- C. Ectomorph
- D. Exomorph

19. Which of the following body shapes would be best suited to sports like sumo wrestling?

- A. Mesomorph
- B. Endomorph
- C. Ectomorph
- D. Exomorph

20. Which of the following body shapes would be best suited to sports like marathon running?

- A. Mesomorph
- B. Endomorph
- C. Ectomorph
- D. Exomorph

21. What component of fitness would an Olympic gymnast need in abundance?

- A. Speed
- B. Agility
- C. Cardio-vascular endurance
- D. Flexibility

22. Which of the following is not a component of physical fitness?

- A. Strength
- B. Power
- C. Flexibility
- D. Body composition

23. Which of the following is not a component of skill-related fitness?

- A. Agility
- B. Speed
- C. Reaction time
- D. Balance

24. Which component of fitness do the card tests measure?

- A. Speed
- B. Agility
- C. Reaction time
- D. Power

25. Which of the following is not part of the cardio vascular system?

- A. Lungs
- B. Blood vessels
- C. Muscles**
- D. Heart

26. What is de-oxygenated blood?

- A. Blood that has a lot of oxygen in it
- B. Blood that is blue
- C. Blood that has little oxygen in it**
- D. Blood that is red

27. What does the word “cardio” mean?

- A. Lungs
- B. Blood vessels
- C. Muscles
- D. Heart**

28. What does the word “aerobic” mean?

- A. Without oxygen
- B. With oxygen**
- C. Working hard
- D. Without air

29. What units is heart rate measured in?

- A. Beats per minute**
- B. Beats per second
- C. Beats per hour
- D. Heart beats

30. What is the correct equation to predict maximum heart rate?

- A. $230 - \text{your age}$
- B. $240 - \text{your age}$
- C. $210 - \text{your age}$
- D. $220 - \text{your age}$**

31. What is the average resting heart rate for a 14 year old?

- A. 70 – 100**
- B. 60 – 100
- C. 70 – 110
- D. 50 – 70

32. Which is not an area of the body commonly used as a site where you can measure your pulse?

- A. Neck
- B. Groin
- C. Leg**
- D. Wrist

33. What would be the maximum heart rate of a 20 year old?

- A. 170
- B. 200**
- C. 190
- D. 210

34. When should you ideally measure your resting heart rate?

- A. Straight after exercise
- B. Just before exercise
- C. When you are sat down
- D. When you are lying down**

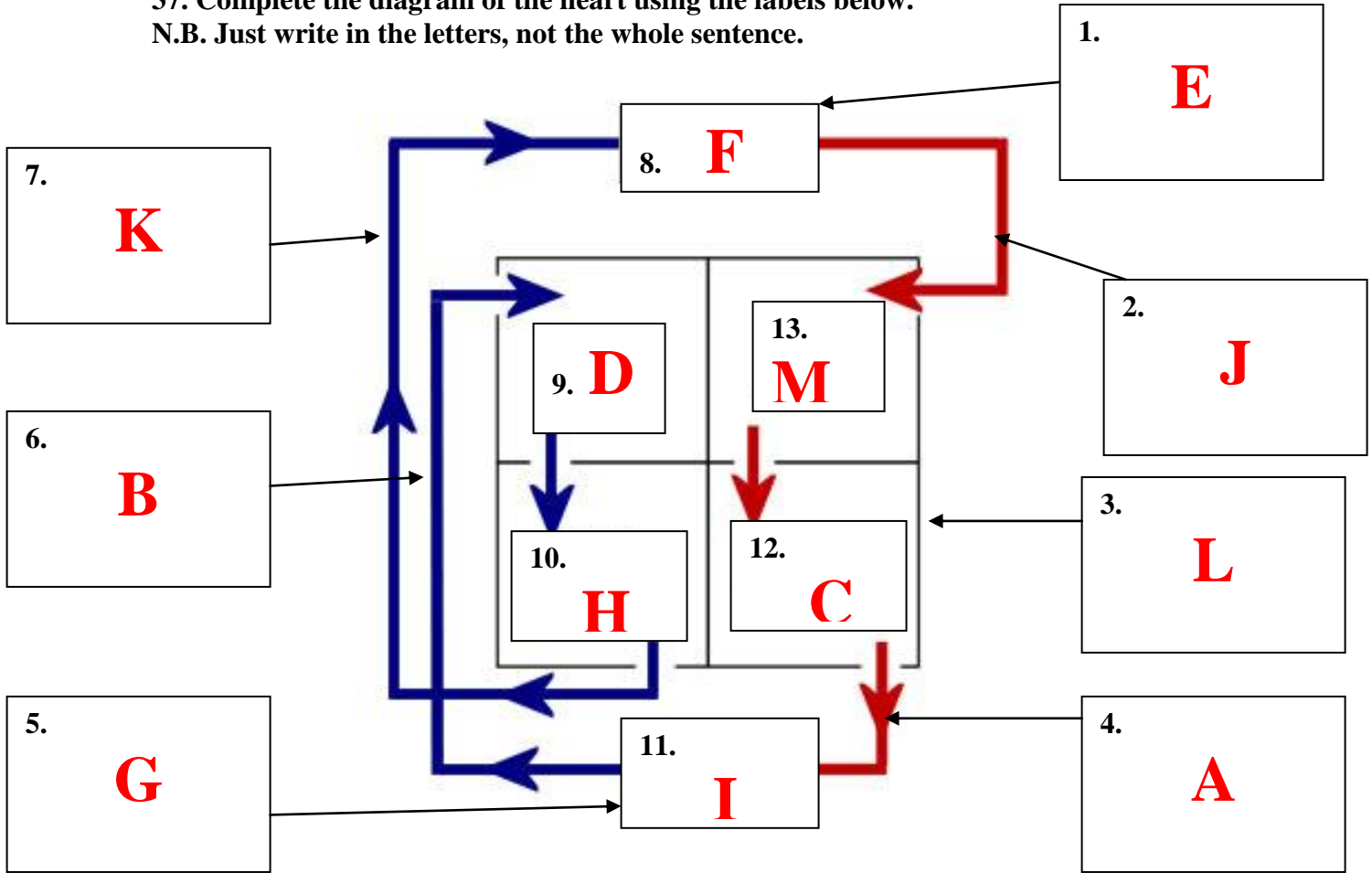
35. Which of the following would not be used to measure heart rate?

- A. Weighing scales**
- B. Stethoscope
- C. Heart rate monitor
- D. ECG

36. What does RPE stand for?

- A. Rate of physical exercise
- B. Rapid physical exercise
- C. Rate of physical exertion
- D. Rate of perceived exertion**

37. Complete the diagram of the heart using the labels below.
N.B. Just write in the letters, not the whole sentence.



- A. Oxygenated blood transported from the heart to the muscles in the body.
- B. Deoxygenated blood transported back to the heart
- C. Left Ventricle
- D. Right Atrium
- E. Oxygen is transferred into the blood via the lungs
- F. Lungs
- G. The muscles in the body use the oxygen in the blood to work
- H. Right Ventricle
- I. Body
- J. Oxygenated blood transported from the lungs
- K. Heart pumps deoxygenated blood back to the lungs
- L. The Heart (acts as a pump)
- M. Left Atrium