Fitness for Sport & Exercise Test

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 <u>not</u> a component of physical fitness?
A. Strength
B. Power
C. Flexibility
D. Body composition

23. Which of the following is <u>not</u> 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 <u>not</u> 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 – your age
B. 240 – your age
C. 210 – your age
D. 220 – 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 <u>not</u> an area of the body commonly used as a site where you can measure your pulse?
A. Neck
B. Groin
C. Leg
D. Wrist

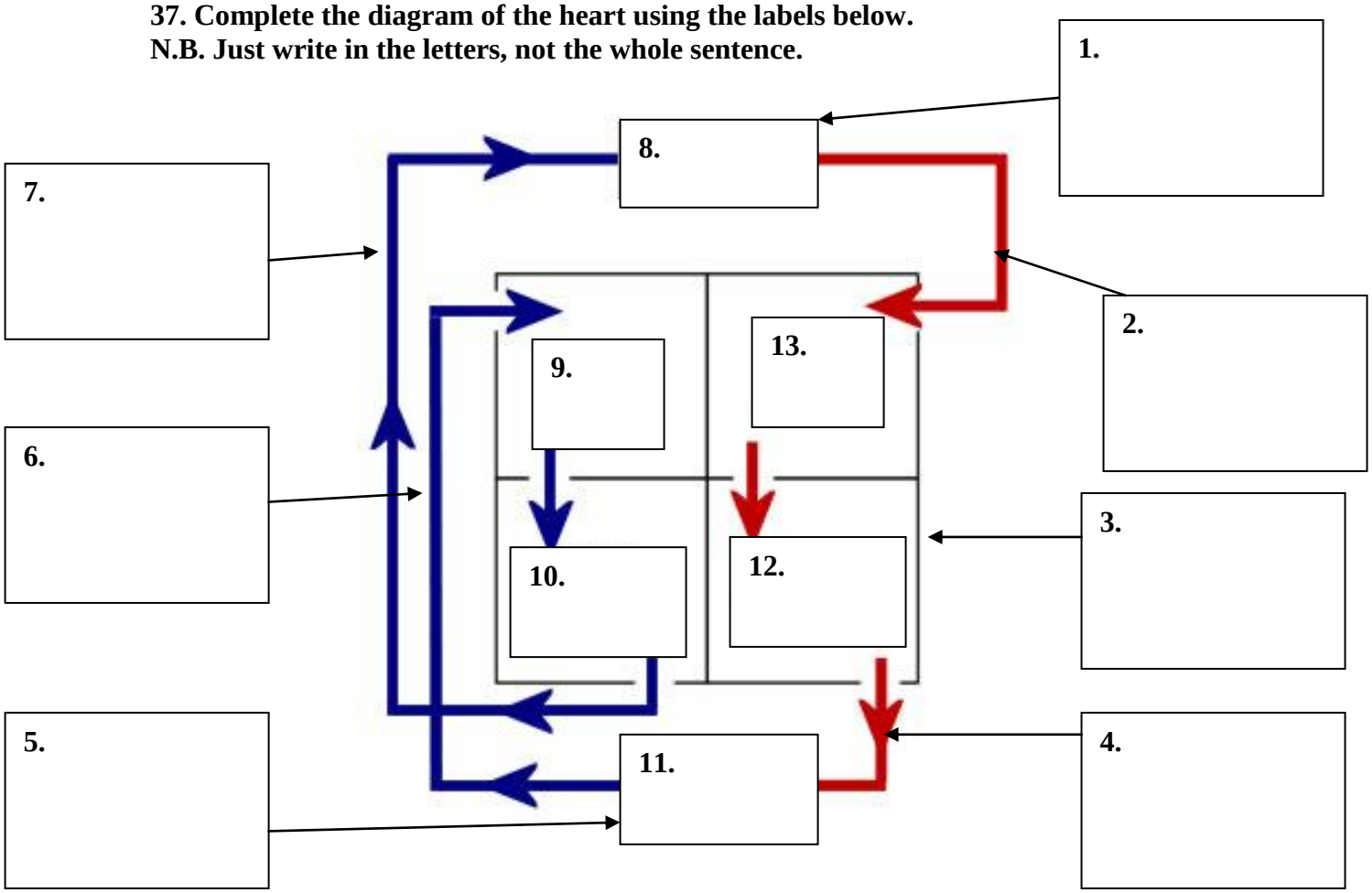
33. What would be the maximum heart rate of a 20 year old?
A. 170
B. 200
C. 190
D. 210

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 <u>not</u> 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

TOTAL = ____
50