Fitness for Sport & Exercise Test 2 ANSWERS

Read each question carefully & select the correct answer by circling one option (A, B, C or D). Some questions require you to write the answer down.
If you want to change your answer, neatly cross out the wrong answer & circle the correct one.

1. **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

2. **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

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

4. **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

5. **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

6. **What are the two types of balance?**
   A. Still and moving
   B. Static and moving
   C. Dynamic and static
   D. Stable and dynamic

7. What component of fitness do the "ruler drop test" & "stop watch test" measure?

A. Reaction time
B. Co-ordination
C. Speed
D. Flexibility

8. 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

9. 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

10. 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

11. 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

12. 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

13. Which of the following is <u>not</u> a component of physical fitness?

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

14. Which of the following is <u>not</u> a component of skill-related fitness?
A. Agility
B. Speed
C. Reaction time
D. Balance

15. 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

16. What does RPE stand for?
A. Rate of physical exercise
B. Rapid physical exercise
C. Rate of physical exertion
D. Rate of perceived exertion

17. What does "F" stand for in the "FITT" principle of training?

Frequency

18. What does "I" stand for in the "FITT" principle of training?

Intensity

19. What does the first "T" stand for in the "FITT" principle of training?

Time

20. What does the second "T" stand for in the "FITT" principle of training?

Type

21. Which of the following additional principles of training does the following definition best describe?
"Gradually adapting the demands placed on the body (training too much will cause injury, too little will have no effect)"
A. Progressive Overload
B. Reversibility
C. Individual Needs
D. Adaptations

22. Which of the following additional principles of training does the following definition best describe?
"The more you work, the more the body will meet its demands."
A. Progressive Overload
B. Reversibility
C. Individual Needs
D. Adaptations

23. Which of the following additional principles of training does the following definition best describe?
"The process of losing fitness after stopping exercising/ training (atrophy)"
A. Progressive Overload
B. Reversibility
C. Individual Needs
D. Adaptations

24. Which of the following additional principles of training does the following definition best describe?
"Having a plan to suit your OWN needs and requirements"
A. Progressive Overload
B. Reversibility
C. Individual Needs
D. Adaptations

25. What are the two types of static flexibility training? (2 marks)

1 Active

2 Passive

26. Which type of flexibility training does the following definition describe?
"Using a partner to stretch the joint further than the performer can stretch it on their own. Used in rehabilitation (recovery from injury)"

PNF (proprioceptive neuromuscular facilitation)

27. Which type of flexibility training does the following definition describe?
"Using mobility to move limbs and force muscles beyond their normal range."

Ballistic

28. What are the three phases of a warm-up? (3 marks)

1 Pulse Raiser

2 Stretching

3 Moblisation

29. Name the three types of Strength, Muscular Endurance & Power training methods (3 marks)

1 Circuit training

2 Weight training

3 Plyometrics

30. Which type of strength, muscular endurance & power training does the following definition describe?
"Involves a number of exercises arranged in a sequence as to avoid exercising the same muscle groups consecutively"

Circuit training

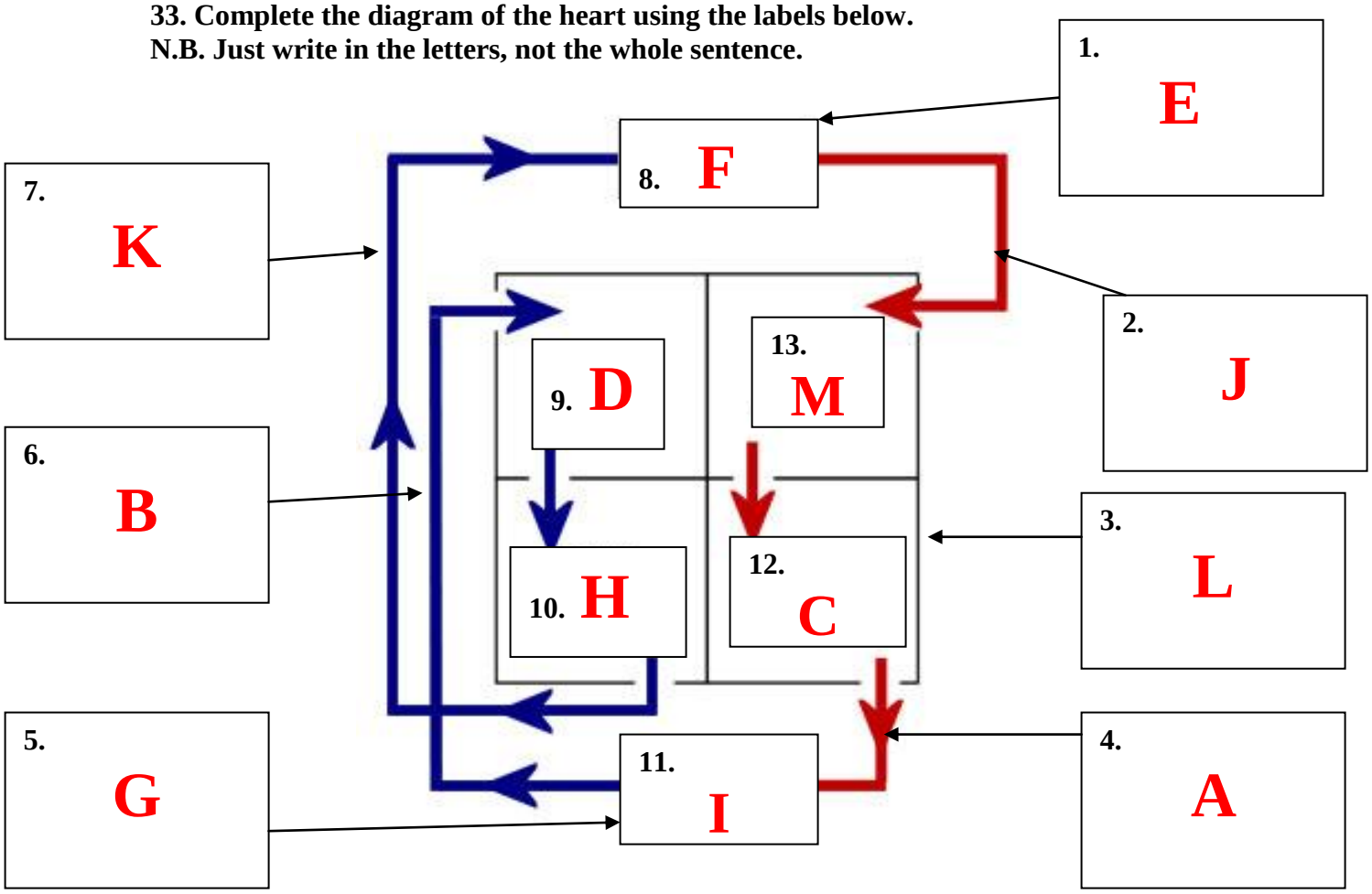
31. Which type of strength, muscular endurance & power training does the following definition describe?
"Activities that enable a muscle to reach maximal force in the shortest amount of time. It involves the performer jumping down off a box and then immediately back up onto another box, or something similar."

Plyometrics

32. Which type of strength, muscular endurance & power training does the following definition describe?
"Uses progressive resistance, in the form of actual weight lifted or in terms of the number of repetitions."

Weight training

33. 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