

Name \_\_\_\_\_  
Teacher \_\_\_\_\_  
Period \_\_\_\_\_

### Fitness Component Quiz

1. Which of the following activities requires the highest level of aerobic fitness?
  - A. Pull-up
  - B. Curl-up
  - C. One-mile run
  - D. Sit-and-Reach
2. Which of the following sets of body characteristics are used to determine an individual's body composition?
  - A. Weight and muscular strength
  - B. Lean mass and body fat percentage
  - C. Skeletal structure and endurance
  - D. Muscular strength and body fat percentage
3. Which of the following fitness components needs to improve to score a better mile time?
  - A. Cardio-respiratory endurance
  - B. Muscular endurance
  - C. Body composition
  - D. Flexibility
4. Doing 25 repetitions of curl-ups will improve which fitness component?
  - A. Cardio-respiratory endurance
  - B. Muscular endurance
  - C. Quadriceps
  - D. Flexibility
5. Stretching is a good exercise to improve what fitness component?
  - A. Cardio-respiratory endurance
  - B. Muscular endurance
  - C. Quadriceps
  - D. Flexibility
6. Which sets of exercises will improve cardio-respiratory endurance?
  - A. mile run, curl-ups, push-ups
  - B. 20 minute jog, swimming, basketball
  - C. Basketball, soccer, #4 stretch
  - D. Curl-ups, 20 minute jog, soccer
7. Which fitness component is tested by curl-ups and push-ups?
  - A. Cardio-respiratory endurance
  - B. Muscular strength and endurance
  - C. Flexibility
  - C. Body composition

