

Name:

Section:

Instruction: Choose the most appropriate answer to each of the question below.

1. Which of the following components promote total health and prevent the beginning of the disease and problems associated with physical activities?

- A. Health-related fitness
- B. Health-related component

2. Which of the following refers to the ability of the heart and circulatory system to supply oxygen to muscles for an extended period of time?

- A. Cardiovascular endurance
- B. Muscular endurance

3. Which is referred to as the ability to become and stay physically fit?

- A. Health-related fitness
- B. Health-related component

4. Which of the following component is an example of muscular endurance?

- A. Push-ups
- B. Plank

5. Which of the following component is used to describe the percentage of fat, bone, water and muscle in human body?

- A. Body composition
- B. Flexibility