

Name: _____

Period: _____

Nutrition and Personal Fitness Pre-Test

Circle the best answer for each question or write the letter on the line next to the number.

- 1). _____ When you exercise vigorously;
 - a). you start to breath more slowly
 - b). your heart keeps a slow, steady rhythm
 - c). it is more difficult to find your pulse
 - d). you increase your pulse
- 2). _____ What is endurance?
 - a). the ability to run faster
 - b). a combination of balance and coordination
 - c). how much you can stretch
 - d). the ability to exercise for longer periods of time
- 3). _____ When you measure the distance you can stretch, you are testing:
 - a). muscular strength
 - b). flexibility
 - c). muscular endurance
 - d). cardiovascular endurance
- 4). _____ Body weight exercises such as sit-ups or pushups help to build your
 - a) flexibility
 - b). cardiovascular endurance
 - c). muscular strength and endurance
 - d). balance
- 5). _____ The five components of health related fitness are:
 - a). body composition, muscular strength, muscular endurance, flexibility and cardiovascular endurance
 - b). body composition, muscular strength, nutrition, flexibility and agility
 - c). body weight, muscular endurance, cardiovascular endurance, flexibility and balance
 - d). body composition, balance, coordination, flexibility and cardiovascular endurance
- 6). _____ Which one of these body composition components can you improve?
 - a). bone structure
 - b). number of muscle fibers
 - c). the amount of body fat
 - d). your height
- 7). _____ Exercise can help to prevent which potential health problem?
 - a). head lice
 - b). chicken pox
 - c). heart disease
 - d). strep throat

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- 8). _____ The best places on the body to check your own pulse are your:
- a). chest and head b). throat and arm
 - c). hands and feet d). wrist and neck
- 9). _____ Which of the following is a unit of energy found in food?
- a). vitamin b) calorie
 - c) nutrient d) water
- 10). _____ The FITT formula that is used for health related fitness training stands for:
- a). frequency, intensity, time and type b). fitness, intensity, track and time
 - c). fat, impulsive, type and track d). frequency, impulsive, time and track
- 11). _____ The SMART formula that is used for goal setting stands for:
- a). short, manageable, assessable, realistic, tracked b). specific, measureable, attainable, realistic, timely
 - c). specific, manageable, assessable, readable, timed d). short, measureable, attainable, readable, and timely
- 12). _____ The formula used to find your target heart rate is:
- a). max heart rate minus your age b). 220 minus your age
 - c). 220 minus your age times the intensity (high and low) d). intensity (high and low) times 220
- 13). _____ The biggest muscle in your body is the:
- a). heart b). pectorals
 - c). trapezoids d). gluteus maximus
- 14). _____ The food groups that should complete your plate are:
- a). grain, dairy, protein, vegetable and fruit b). cereal, milk, steak, banana and apple
 - c). bread, dairy, meat, fruit and fat d). bread, milk, steak, fat and vegetable
- 15). _____ The one item you should eat/drink the most of everyday is:
- a). fat b). juice c). carbohydrates d). water

Check this box once you have completed this pre test

