

## Improving Fitness: Measurement of fitness:

- 1) What does the 50-meter sprint test?
  - a. The slowness of the person
  - b. The speed of a person
  - c. The length of a person's step.
- 2) What does the 30-second sit-up measure?
  - a. How are you can breathe.
  - b. Only the strength of your abdominal muscles.
  - c. The strength and endurance of your abdominal muscles.
  - d. Only the endurance of your abdominal muscles.
- 3) Which not a way to measure physical fitness?
  - a. Standing long jump.
  - b. 50-metre sprint
  - c. Pull-up
  - d. Reading a fitness guide.
- 4) Grip strength is measured by:
  - a. Using a tape measure.
  - b. Reading a book.
  - c. Using a dynameter.
  - d. Doing pull ups.
- 5) What do pull ups measure?
  - a. They measure your leg strength
  - b. They measure your abdominal muscle strength
  - c. They measure your upper body strength
  - d. They measure your flexibility.
- 6) Shuttle run is a good way to measure what?
  - a. The speed you read?
  - b. Your agility only.
  - c. Your speed and agility.
  - d. Only your speed.
- 7) Sit and reach test is about what things in fitness?
  - a. Speed reading
  - b. Flexibility
  - c. Endurance
  - d. Strength

