

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

