

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
- 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