

Answers to the pre-assessment guides:

Physical Fitness & Exercise:

- | | | | | |
|------|------|-------|-------|-------|
| 1. D | 5. I | 9. K | 13. O | 17. P |
| 2. B | 6. J | 10. L | 14. A | 18. R |
| 3. E | 7. G | 11. M | 15. Q | |
| 4. H | 8. C | 12. N | 16. F | |

Cardiorespiratory Endurance:

- | | | |
|------|------|-------|
| 1. J | 5. E | 9. H |
| 2. D | 6. B | 10. I |
| 3. C | 7. H | |
| 4. A | 8. G | |

Muscular Strength & Muscular Endurance:

- | | | |
|------|------|-------|
| 1. I | 5. D | 9. H |
| 2. F | 6. A | 10. I |
| 3. B | 7. G | |
| 4. C | 8. J | |

Flexibility, Warm up/Cool Down

- | | |
|------|------|
| 1. B | 5. G |
| 2. C | 6. E |
| 3. D | 7. A |
| 4. F | 8. H |