

Physical Fitness and Exercise
Pre-Assessment and Study Guide

Name: _____ period: _____

Matching: Match the vocabulary word or statement on the left to the best definition or answer listed on the right. Record your answer in the space provided.

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|-----------------------------------|---|
| _____ 1. Physical Fitness | a. Stop go activites, i.e. Sports, weights |
| _____ 2. Fitness Indicators | b. Determines a level of fitness and can be improved upon and measured. |
| _____ 3. F.I.T.T. | c. The amount of body fat a person has. |
| _____ 4. Cardiovascular Endurance | d. The ability to preform daily tasks vigorously with engery left over to preform leisure activities. |
| _____ 5. Muscular Strength | e. A safe training program to improve fitness; Frequency, Intensity, Time, Type |
| _____ 6. Muscular Endurance | f. The pressure created as blood passes through the heart/arteries; 120/800 |
| _____ 7. Flexibility | g. The ability to stretch a joint through an entire range of motion. |
| _____ 8. Body Composition | h. The wellness of your heart and lungs. |
| _____ 9. Frequency | i. The greatest amount of force from a muscle. |
| _____ 10. Intensity | j. The repeated motion of a muscle on a sub-maximal weight for an extended period |
| _____ 11. Time or duration | k. How often a person exercises; 3-5 days |
| _____ 12. Type | l. How hard a person exercises; 150-180 beats per minute |
| _____ 13. Aerobic | m. How long a person exercises; 15-30 minutes |
| _____ 14. Anaerobic | n. What kind of exercises; Aerobic |
| _____ 15. Sports | o. Exercises which are rhythmic and continuous and use the large muscles |
| _____ 16. Blood pressure | p. a low resting heart rate indicates a healthy heart |
| _____ 17 Resting heart rate | q. supports fitness health |
| _____ 18. Workout regimen | r. Includes: Aerobic exercise, muscular strength & muscular endurance training, flexibility training |

Check for the accuracy of your answers with the key listed on the website.

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