Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_

**Unit 4: Physical fitness**

**Multiple Choice:** Complete the following questions with the answer that best fits the question. You may only choose one answer. Mark your answers clearly on the answer sheet.

\_\_\_\_\_ 1. The main role of joints in the skeletal system is to

a. store materials the body needs b. gather info

c. allow movement d. attach muscles to bone

\_\_\_\_\_ 2. Involuntary muscle tissue that pushes food through the digestive system

a. skeletal muscle b. cardiac muscle

c. sensory muscle d. smooth muscle

\_\_\_\_\_ 3. Which structures carry messages from one part of the body to another?

1. neurons
2. tendons
3. ligaments
4. marrow

\_\_\_\_\_ 4. Which of these is **NOT** included the Central Nervous System

1. The brain
2. The armpit
3. The brain stem
4. The cerebellum

\_\_\_\_\_ 5. Tendons

1. Connect muscle to bone
2. Connect bone to bone
3. Connect the brain and the spinal cord
4. Connect the internet

\_\_\_\_\_ 6. Ligaments

1. Connect muscle to bone
2. Connect bone to bone
3. Connect the brain and the spinal cord
4. Connect the internet

\_\_\_\_\_ 7. Red bone marrow

1. Stores fat
2. Stores glucose
3. Produces red blood cells
4. Produces white blood cells

\_\_\_\_\_ 8. Yellow bone marrow

1. Stores fat
2. Stores glucose
3. Produces red blood cells
4. Produces white blood cells

\_\_\_\_\_ 9. Which is **NOT** an overuse injury

1. Foot stress fracture
2. Jumper’s knee
3. Tennis elbow
4. Concussion

\_\_\_\_\_ 10. An involuntary muscle that is found **ONLY** in the heart

1. Cardiac muscle
2. Smooth muscle
3. Skeletal muscle
4. Atrophied muscle

\_\_\_\_\_ 11. Arteries carry blood

1. Towards your heart or back to the heart
2. Away from the heart to the rest of the body
3. Away from the body
4. Toward the brain

\_\_\_\_\_ 12. Blood that is flowing through the arteries are

1. Deoxygenated
2. Full of candy
3. Oxygen-rich
4. Full of waste (like carbon dioxide)

\_\_\_\_\_ 13. Veins carry blood

1. Towards your heart or back to the heart
2. Away from the heart to the rest of the body
3. Away from the body
4. Toward the brain

\_\_\_\_\_ 14. Blood that is flowing through the veins are

1. Oxygen-rich
2. Full of candy
3. Full of capillaries
4. Full of waste (like carbon dioxide)

\_\_\_\_\_ 15. White blood cells

1. Fight off infections
2. Carry plasma to the brain
3. Fight off ninjas
4. Carry oxygen to the brain

\_\_\_\_\_ 16. HDL aka High-Density Lipoproteins

1. Build up plaque in the artery walls
2. Removes excess cholesterol from body tissue and artery walls
3. Gets you high
4. Leads to heart attacks

\_\_\_\_\_ 17. LDL aka Low- Density Lipoproteins

1. Build up plaque in the artery walls
2. Remove excess cholesterol from the body tissue and artery walls
3. Keeps you low
4. Prevents heart attacks

\_\_\_\_\_ 18. Plasma is a liquid component of your blood that makes up what percentage of your blood?

1. 9%
2. 99%
3. 15%
4. 55%

\_\_\_\_\_ 19. The Respiratory System perform what two main functions

1. Coughing and sneezing
2. Distributing blood and reducing cholesterol
3. Bringing in oxygen and removing carbon dioxide
4. Protecting your internal organs and regulating body temperature

\_\_\_\_\_ 20. Consistently having a blood pressure high than 140/90 mean you likely have what hypokinetic disease?

1. Low Sex Drive
2. Hypertension
3. Shingles
4. Death

\_\_\_\_\_ 21. What blood type is a universal donor (meaning this type of blood can donate to all other blood types during a transfusion.)

1. O
2. AB
3. F
4. All of the above

\_\_\_\_\_ 22. During the breathing process

1. Your diaphragm contracts (goes down) during inhalation
2. Your diaphragm relax (comes up) during exhalation
3. Your ribs muscles pull up and out during inhalation
4. All of the above

\_\_\_\_\_ 23. In order to keep all of your body systems healthy it is imperative (very important) you

1. Exercise
2. Consume a lot of empty calories
3. Take one aspirin a day
4. Maintain high levels of cholesterol in you blood

\_\_\_\_\_ 24. Physical activity has many benefits, which is **NOT** a benefit of physical activity

1. Physical Benefits
2. Psychological Benefits
3. Social Benefits
4. Personality Benefits

\_\_\_\_\_ 25. On going physical activity that raises your heart rate and breathing rate is best described as

1. Strength training
2. Aerobic exercise
3. Anaerobic exercise
4. Isokinmetonic exercise

\_\_\_\_\_ 26. Which of these is the **BEST** example of anaerobic exercise

1. Running a 40 yard sprint
2. Running a marathon
3. Running a mile
4. Walking backwards for 3 blocks

\_\_\_\_\_ 27. The acronym FITT Formula stands for

1. Faking Injuries Til Tomorrow
2. Frequent Insane Temper Tantrums
3. Frequency Intensity Time Type
4. Fitness Intensity Total Time

\_\_\_\_\_ 28. As your fitness program becomes too easy you should

1. Continue to do it anyway
2. Quit you’ve accomplished your goal
3. Alter your fitness plan by **reducing** time, intensity, and/or resistance
4. Alter your fitness plan by **increasing** time, intensity, and/or resistance

\_\_\_\_\_ 29. What are the three phases to exercise?

1. Beginning, Middle, End
2. Problem, Climax, Resolution
3. Round 1, Round 2, Round 3
4. Warm up, Workout, Cool down

\_\_\_\_\_ 30. If you exercise too intensely or too long without allowing enough time to rest and recover you may be

1. Out of your mind
2. Overtraining
3. Under-training
4. Going beast mode

**TRUE / FALSE:** Answer “A” for True and “B” for False)

\_\_\_\_\_ 31. Over half of all children are diagnosed with a heart murmur

\_\_\_\_\_ 32. The skeletal system can store important substances such as calcium

\_\_\_\_\_ 33. Calcium and phosphorus are water-soluble

\_\_\_\_\_ 34. In order to improve your skeletal strength you should do weight bearing exercises

\_\_\_\_\_ 35. Bench press is a good example of a weight bearing exercise

\_\_\_\_\_ 36. The respiratory, digestive, and cardiovascular systems are solely responsible for movement

\_\_\_\_\_37. A neuron is the basic unit of the nervous system that carries nerves impulses

\_\_\_\_\_ 38. HDL is good cholesterol

\_\_\_\_\_ 39. LDL is good cholesterol

\_\_\_\_\_ 40. Blood platelets along with fibrin and other substances help clot the blood at the surface of cuts, lacerations, and scrapes

\_\_\_\_\_ 41. Anabolic steroids are artificial forms of the hormone estrogen

\_\_\_\_\_ 42. If you have asthma you should **NOT** exercise

\_\_\_\_\_ 43. In order to exercise safely you should be hydrated before you being working out

\_\_\_\_\_ 44. Flexibility is a component of physical fitness

\_\_\_\_\_ 45. In order to keep your respiratory system healthy you should smoke at least once a day

\_\_\_\_\_ 46. The breathing process includes both inhalation and exhalation

\_\_\_\_\_ 47. Your cardiovascular system is made up of your heart, blood vessels, and the blood

\_\_\_\_\_ 48. Heart attacks are referred to as the silent killer

\_\_\_\_\_ 49. The three main functions of the cardiovascular system are to deliver minerals, removes oxygen, and fight disease

\_\_\_\_\_ 50. Your spine protects your spinal cord