

Check Your Answers!

Kinesiology 11
Practice Test Questions

Name: Key.

Answer Key will be posted online at: www.mswoodscience.weebly.com

1. Physical fitness:

- D
- A) is thought to be a measure of one's physical health
 - B) limits the amount of physical activity that can be performed
 - C) is the ability of the body to adjust to the demands of physical effort
 - D) all of the above
 - E) two of the above

2. Muscular strength is the ability of a muscle or muscle group to exert force against resistance

4. Which of the following statements about cardiorespiratory endurance is **false**:

- E
- A) Cardiorespiratory fitness is the ability to produce energy through an improved delivery of oxygen to the working muscles.
 - B) The maximal rate at which the body can take up, transport, and utilize oxygen is known as aerobic power, which is expressed as $VO_2\text{max}$.
 - C) To account for differences in mass, $VO_2\text{max}$ can be expressed in a relative manner.
 - D) Absolute measurements of $VO_2\text{max}$ are useful for comparison within groups.
 - E) None of the above.

5. The range of movement achieved with the help of external forces is known as passive flexibility.

7. Which of the following is **not** a psychomotor ability:

- E
- A) reaction time
 - B) balance
 - C) decision making
 - D) muscle feeling
 - E) stamina

10. The warm-up prepares the body and mind for the exercise activity by:

- C
- A) raising the body temperature and decreasing respiration and heart rate
 - B) decreasing central nervous system activity, which improves coordination
 - C) increasing metabolic rate and oxygen exchange
 - D) increasing muscle tension to guard against strains
 - E) two of the above

1. Exercise is one of the most important and most _____ factors affecting your general health.

- A) consistent
- B) variable
- C) controllable
- D) time-consuming
- E) complex

3. A program that works both the biceps and triceps is considered:

- A) agonist-antagonist training ✓
- B) unnecessary
- C) balanced ✓
- D) overkill
- E) two of the above

4. Which of the following is an example of a static exercise:

- A) sit-ups to exhaustion
- B) cross-country skiing
- C) hanging from a chin-up bar
- D) dumbbell curls
- E) rowing machine

5. To account for differences in mass, the following measure is used:

- A) relative VO_2 max
- B) comparative VO_2 max
- C) absolute VO_2 max
- D) total VO_2 max
- E) none of the above

b/c it is "relative" to your body size!

6. Flexibility is determined primarily by:

- A) muscle elasticity
- B) joint structure
- C) muscle length
- D) connective tissue
- E) the protein elastin

12. If the training goal is to maintain a certain level of fitness, _____ sessions a week are recommended.

- A) 2-3
- B) 3-5
- C) 1-2
- D) 3-6
- E) 4-6

15. Aerobic and anaerobic fitness are most successfully developed by:

- A) interval training
B) repetition training
C) endurance training
D) combination training
E) continuous training

Fill in the Blank Questions

1. High levels of general fitness constitute important prerequisites for the effective and optimal development of sport-specific fitness.

2. Physical Activity is defined as "any movement carried out by the skeletal muscles requiring energy."

3. The ability of a muscle or muscle group to sustain a given level of force is known as endurance.

4. The single most important criterion of physical fitness is VO₂max.

Psychomotor measurement ability allows athletes to monitor their environment, collect information, make decisions, and execute their movements.

True or False Questions

1. Exercise, a subset of physical activity, includes activities that are unstructured.

~~unstructured~~ (F)
structured

2. Power is the ability to overcome external resistance at a high rate of muscular contraction.

(T)

3. The maximal rate at which the body can take up, transport, and utilize oxygen is known as aerobic power.

(T)

4. Absolute VO₂max is expressed in ml/kg/min.

L/min

(F)

that's relative.

5. Generally, a lower number of repetitions per set promotes development of maximal strength and power.

(T)

Having these answered correctly

Short Answer Questions

(Answers NOT posted online)

will only help you....

Name: _____

1. Why should physical fitness be distinguished from physical activity? Identify the components of physical fitness.
2. List and describe the 6 major purposes of fitness testing and evaluation.
3. What are evaluative norms? Why are they useful for helping us to interpret test results?

4. Differentiate between reliability and validity. Can a fitness test have one without the other?

5. Describe a test which can be conducted to measure each of the 6 components of fitness in a test subject.

