

**Chapter 12 • Lesson 2 Improving Your Fitness****Lesson 2 Quiz**

**I. Directions** Using information found in the lesson, complete the following list.

List the five elements of health-related fitness that affect you in different ways.

1. Cardiorespiratory endurance
2. Muscular strength
3. Muscular endurance
4. Flexibility
5. Body composition

**II. Directions** In the space provided, write the letter of the choice that best completes the statement or answers the question.

- A 6. You can evaluate your cardiorespiratory fitness by doing  
a. a three-minute step test.      c. right-angle push-ups.  
b. partial curl-ups.      d. flexibility measurements.
- D 7. Aerobic exercise includes  
a. all activities that involve intense, short bursts of activity.  
b. all exercises that lower your heart rate and decrease your body's use of oxygen.  
c. all activities that make you tired and short of breath.  
d. all rhythmic activities that use large muscle groups for an extended period of time.
- B 8. Which choice is an intense exercise that involves short bursts of activity in which the muscles work so hard that they produce energy without using oxygen?  
a. Cardiorespiratory exercise  
b. Anaerobic exercise  
c. Stretching exercise  
d. Aerobic exercise
- C 9. What is the most important element in building cardiorespiratory endurance?  
a. Anaerobic exercise      c. Aerobic exercise  
b. Isometric exercise      d. Weight-bearing exercise
- B 10. It is important for a young person to do exercises that develop bone density because people who have greater bone density  
a. are more flexible and have fewer injuries.  
b. have a lower risk of osteoporosis as they age.  
c. have greater muscular endurance in physical activities.  
d. perform better in anaerobic exercise.

# It Essentials Mod 11 Study Guide Answers

**AW Chickering**



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