

Name: _____ **Date:** _____

The Oxygen Debt & Power Output: 9th Grade Fitness Quiz

Can you distinguish between aerobic capacity and explosive force? Identify the foundational health markers that define peak physical performance and longevity.

1. When a person performs a 'Vertical Jump' test to see how high they can leap, which component of fitness are they primarily measuring?

- A. Flexibility
- B. Body Composition
- C. Muscular Strength
- D. Cardiovascular Endurance

2. True or False: Improving your cardiovascular endurance usually results in a lower resting heart rate because the heart becomes more efficient at pumping blood.

- A. True
- B. False

3. The Sit-and-Reach test is a common assessment used in physical education to measure the _____ of the lower back and hamstrings.

- A. Endurance
- B. Flexibility
- C. Strength
- D. Composition

4. Which of these is the most accurate definition of 'Body Composition' as it relates to health-related fitness?

- A. The total weight of a person on a standard bathroom scale.
- B. The ratio of lean tissue (muscle, bone, water) to fat tissue.
- C. The ability of the body to move through a full range of motion.
- D. The speed at which a person can finish a one-mile run.

5. An athlete who can maintain a steady pace during a 20-minute rowing session is demonstrating high levels of _____ endurance.

- A. Muscular
- B. Flexibility
- C. Cardiovascular
- D. Body

6. True or False: Having a high level of flexibility can help reduce the risk of sports-related injuries like muscle strains.

- A. True

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B. False

7. In the context of fitness, why is performing a single max-effort heavy lift (like a 1-rep-max squat) different from doing 20 repetitions with a light weight?

- A. The heavy lift measures strength; the light reps measure endurance.
- B. The heavy lift measures flexibility; the light reps measure strength.
- C. The heavy lift measures body composition; the light reps measure strength.
- D. There is no difference; both measure the exact same component.

8. Power yoga and Pilates are activities that primarily target which component of fitness to improve posture and joint health?

- A. Body Composition
- B. Cardiovascular Endurance
- C. Flexibility
- D. Aerobic Capacity

9. True or False: Body composition can be improved by increasing muscle mass through resistance training, even if total body weight stays the same.

- A. True
- B. False

10. Which of the following activities would be the most effective way to specifically improve cardiovascular endurance for a high school student?

- A. Static stretching for 15 minutes.
- B. Brisk walking or jogging for 30 minutes.
- C. Lifting the heaviest weight possible one time.
- D. Sitting in a sauna to lose water weight.