

Name: _____ Date: _____

Answer Key: Sturdy Pulse Pursuit: A 7th Grade Fitness Components Quest

Navigate the core pillars of physical health by identifying the specific traits that keep your engine humming and your limbs limber.

1. Imagine you are helping a friend move heavy boxes from the floor to a tall shelf. Which component of fitness are you primarily using to lift that single, heavy weight?

Answer: B) Muscular Strength

Muscular strength is the ability of a muscle to exert maximal force against resistance in a single effort, such as lifting a heavy box.

2. True or False: Flexibility refers to the ability to keep your heart beating fast for a long period of time.

Answer: B) False

Flexibility is the range of motion in your joints. The ability to keep the heart beating fast for a long time is cardiovascular endurance.

3. The ratio of lean tissue (muscles, bones, water) to fat tissue in the human body is known as physical ____.

Answer: C) Composition

Body composition is the specific 'makeup' of the body, measuring the percentage of fat versus non-fat mass.

4. A cross-country skier glides across the snow for two hours. Their heart and lungs work together to provide oxygen to the muscles. This is an example of:

Answer: C) Cardiovascular Endurance

Cardiovascular endurance allows the heart and lungs to supply oxygen to the body during sustained, long-term physical activity.

5. True or False: Improving your flexibility acts as a shield by helping to prevent muscle strains and joint injuries.

Answer: A) True

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Better flexibility allows joints to move through their full range of motion, which reduces the risk of injury during physical tasks.

6. When a gymnast performs a full bridge or reaches down to touch their toes with straight legs, they are demonstrating ____.

Answer: A) Flexibility

Flexibility is the component of fitness that describes the ability to bend and stretch muscles and joints.

7. Which of these everyday activities would most likely help maintain a healthy body composition over several months?

Answer: D) Regularly walking to school and eating balanced meals

Body composition is managed through a combination of consistent physical activity and proper nutrition.

8. True or False: Muscular strength and muscular endurance are the exact same thing.

Answer: B) False

Strength is the maximum force for one effort, while endurance is the ability of a muscle to perform repeated actions over time.

9. An athlete who consistently trains their heart by briskly rowing a boat is focusing on ____ endurance.

Answer: B) Cardiovascular

The term 'cardio' refers to the heart, and 'vascular' refers to the blood vessels, both of which are central to endurance.

10. Which component of fitness is most important for a person whose goal is to reach a high shelf without feeling stiffness in their back?

Answer: B) Flexibility

Reaching and stretching without stiffness is the primary purpose of flexibility, which keeps joints and muscles moving smoothly.