

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **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.

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**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?**

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

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

- A. True
- B. False

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

- A. Coordination
- B. Stamina
- C. Composition
- D. Agility

**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:**

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

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

- A. True
- B. False

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

- A. Flexibility
- B. Body Composition
- C. Cardiovascular Endurance
- D. Power

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

- A. Sleeping 12 hours a day
- B. Eating only one large meal a day
- C. Sitting still while reading
- D. Regularly walking to school and eating balanced meals

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

- A. True
- B. False

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

- A. Skeleton
- B. Cardiovascular
- C. Flexibility
- D. Posture

**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?**

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