

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.

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