Name: _____ **Date:** _____

Answer Key: Fitness Forces for 4th Grade Pros

Evaluate physical data and design training strategies based on how heart health, power, and range of motion impact athletic performance.

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1. A rock climber must hold their body weight against a wall for several minutes using their grip. Which specific component are they primarily testing?

Answer: B) Muscular Endurance

Muscular endurance is the ability of a muscle to stay contracted or work over a long period without getting tired.

2. To improve her _____, Maya practices a dynamic warm-up involving leg swings and arm circles to increase the range of motion in her joints.

Answer: C) Flexibility

Flexibility refers to the ability of joints to move through their full range of motion, which is enhanced by stretching.

3. A person with high cardiovascular endurance will likely have a lower resting heart rate because their heart pumps blood more efficiently.

Answer: A) True

A stronger heart can pump more blood with each beat, meaning it doesn't have to beat as often when the body is at rest.

4. If an athlete wanted to increase their 'Muscular Strength' specifically for a shot-put event, which training method would be most effective?

Answer: C) Lifting the heaviest weight possible for 1-3 repetitions

Muscular strength is the maximum force a muscle can produce in a single effort; low-repetition, high-weight lifting targets this best.

5. Body composition is determined solely by how much a person weighs on a standard bathroom scale.

Answer: B) False

Body composition is the ratio of fat to non-fat mass (like muscle and bone); weight alone does not distinguish between these tissues.

Name: _____ **Date:** _____

6. An Olympic sprinter uses power to explode out of the blocks. This is a combination of Muscular Strength and _____.

Answer: C) Speed

Power is defined as the ability to exert force quickly, blending strength and speed.

7. Which of these scenarios best demonstrates a synthesis of flexibility and muscular strength?

Answer: B) A gymnast holding a handstand on a balance beam

Gymnastics requires both the muscular strength to hold the body up and the flexibility to maintain complex positions.

8. To improve Cardiovascular Endurance, a student's heart rate must stay within their 'Target Heart Rate Zone' for at least _____ minutes of continuous activity.

Answer: C) 20

For aerobic benefits, sustained activity generally needs to last 20 minutes or more to effectively train the heart and lungs.

9. Stretching is only useful after a workout and serves no purpose in preventing injuries during the activity.

Answer: B) False

Stretching increases range of motion and prepares muscles for effort, which helps prevent strains and injuries during exercise.

10. How does improving your body composition (increasing muscle and decreasing excess fat) affect your other fitness components?

Answer: C) It can improve cardiovascular endurance and muscular strength.

Leaner muscle mass helps the body move more efficiently and provides more power for strength and endurance tasks.