Name: _____ **Date:** _____

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?

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

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.

A. Muscular Strength
B. Aerobic Capacity
C. Flexibility
D. Speed

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

A. True
B. False

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

A. Jogging for 3 miles every morning
B. Performing 30 minutes of daily yoga
C. Lifting the heaviest weight possible for 1-3 repetitions
D. Eating a diet high in fiber and low in protein

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

A. True
B. False

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

A. Flexibility
B. Endurance
C. Speed
D. Body fat

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

A. A student touching their toes for 10 seconds
B. A gymnast holding a handstand on a balance beam
C. A marathon runner crossing the finish line
D. A person sitting quietly in a chair

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.

A. 2
B. 5
C. 20
D. 60

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

A. True
B. False

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

A. It makes it harder for your heart to pump blood.
B. It has no effect on any other physical movement.
C. It can improve cardiovascular endurance and muscular strength.
D. It decreases your overall flexibility.