Name: _____ **Date:** _____

Answer Key: Stamina and Strength: A 7th Grade Fitness Philosophy Quiz

Evaluate how different physical demands shape the body's systems, moving from basic recognition to analyzing real-world athletic performance.

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1. A rock climber holding a difficult 'static' position for several minutes is primarily demonstrating which component of fitness?

Answer: B) Muscular Endurance

Muscular endurance is the ability of a muscle to remain contracted or sustain repeated contractions over a period of time, which is essential for static holds in climbing.

2. When comparing two athletes, the one with a higher percentage of lean muscle mass relative to body fat has a more optimized _____.

Answer: B) Body Composition

Body composition refers specifically to the ratio of fat-to-lean tissue (muscle, bone, and water) in the body.

3. Flexibility is specific to individual joints, meaning a person could have high mobility in their shoulders but poor mobility in their hips.

Answer: A) True

Flexibility is joint-specific; it is defined by the range of motion at a particular joint or group of joints, rather than being a single 'whole-body' score.

4. Which of these scenarios best illustrates the application of Muscular Strength rather than Muscular Endurance?

Answer: C) Moving a heavy refrigerator into a new house

Muscular strength is the maximum force exerted in a single effort (1-rep max concept), such as the high-intensity power needed to move a very heavy object.

5. To improve cardiovascular endurance, an athlete must engage in activities that keep the heart rate in the target zone for a _____ period.

Answer: C) Prolonged

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Cardiovascular endurance requires sustained (prolonged) activity to challenge the heart and lungs to deliver oxygen over time.

6. High-intensity interval training (HIIT) only improves muscular strength and has no impact on cardiovascular endurance.

Answer: B) False

HIIT is known to significantly improve cardiovascular endurance by challenging the heart's ability to recover and pump oxygen efficiently under stress.

7. A martial artist practicing high kicks is primarily developing which component to ensure their movements are fluid and prevent muscle strains?

Answer: A) Dynamic Flexibility

Dynamic flexibility involves the ability to move joints through a full range of motion during active movement, which is critical for sports like martial arts.

8. Someone who can run a marathon but struggles to lift a heavy box likely has high cardiovascular endurance but lower _____.

Answer: B) Muscular Strength

While endurance allows for long-distance running, lifting heavy objects requires muscular strength—the ability to produce maximal force.

9. Body composition is determined solely by the number on a bathroom scale.

Answer: B) False

A scale measures total weight, but body composition differentiates between fat, muscle, bone, and water.

10. Analyzing the health benefits of fitness, why is cardiovascular endurance often considered the most important component for long-term disease prevention?

Answer: B) It strengthens the heart and reduces the risk of chronic illness.

Cardiovascular health relates directly to the efficiency of the heart and lungs, which is the primary factor in reducing the risk of heart disease and stroke.