

Name: _____

Date: _____

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.

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

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

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

- A. Muscular Strength
- B. Body Composition
- C. Flexibility Score
- D. Aerobic Capacity

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

- A. True
- B. False

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

- A. Rowing a boat across a lake for 20 minutes
- B. Performing 50 bodyweight squats in a row
- C. Moving a heavy refrigerator into a new house
- D. Holding a plank position for two minutes

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

- A. Profound
- B. Vigorous
- C. Prolonged
- D. Brief

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

- A. True

Name: _____

Date: _____

B. False

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

- A. Dynamic Flexibility
- B. Muscular Force
- C. Cardiovascular Power
- D. Static Endurance

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

- A. Body Mass
- B. Muscular Strength
- C. Aerobic Power
- D. Joint Range

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

- A. True
- B. False

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

- A. It builds the largest muscles in the legs.
- B. It strengthens the heart and reduces the risk of chronic illness.
- C. It ensures the body can touch its toes easily.
- D. It is the only component that requires no equipment.