

Name: _____ Date: _____

Answer Key: Solo Sprint & Steady Strength 7th Grade Fitness Quiz

Build a foundational understanding of self-paced movement and muscle mechanics used by professional athletes and weekend warriors alike.

1. In the sport of archery, what is the primary purpose of a consistent 'anchor point' when drawing the bowstring?

Answer: B) To ensure the same release point for every shot

Consistency is key in individual precision sports; an anchor point ensures the archer draws the string to the same spot every time for accuracy.

2. In distance cycling, 'cadence' refers to the number of revolutions per minute (RPM) a rider turns the pedals.

Answer: A) True

Cadence is a fundamental measurement in cycling that helps riders maintain efficiency and manage muscle fatigue.

3. When performing a yoga 'Tree Pose,' focusing your gaze on a single unmoving object to help stay upright is called a ____.

Answer: B) Drishti

A 'Drishti' or focal point is a common technique used in balance-based individual fitness to improve stability.

4. Which of these is a 'bodyweight' exercise that primarily develops upper body strength without using heavy gym equipment?

Answer: C) Standard push-ups

Push-ups use the individual's own body weight as resistance to build strength in the chest, shoulders, and triceps.

5. In individual sports like Rock Climbing, 'static' movement involves jumping or lunging quickly for a far-away handhold.

Answer: B) False

Static movement involves slow, controlled reaches. Jumping or lunging is referred to as 'dynamic' or 'dyno' movement.

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6. What is the main benefit of 'dynamic stretching' (like leg swings) before starting a solo fitness activity?

Answer: C) It prepares muscles for movement by increasing blood flow

Dynamic stretching warms up the muscles and joints, making them more ready for the physical demands of sports.

7. A marathon runner who maintains a steady speed over a long distance is primarily using ____ endurance.

Answer: A) Cardiovascular

Cardiovascular endurance is the ability of the heart and lungs to supply oxygen to the body during sustained physical activity.

8. In the sport of Bowling, what is the term for the path the ball takes as it curves toward the pins?

Answer: B) The Hook

The 'hook' is a specific technique where the ball rotates and curves, allowing it to hit the 'pocket' for a better chance at a strike.

9. Individual sports often require high levels of 'intrinsic motivation' because there are no teammates to push you during practice.

Answer: A) True

Intrinsic motivation comes from within the individual, which is essential when training alone for personal goals.

10. In Golf, the movement used to strike the ball from the tee toward the green is called a ____.

Answer: C) Swing

The golf swing is a complex, whole-body movement required to propel the ball accurately and powerfully.