

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.