

Name: _____ Date: _____

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?

- A. To increase the weight of the bow
- B. To ensure the same release point for every shot
- C. To make the bow look more professional
- D. To stretch the muscles in the legs

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

- A. True
- B. False

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

- A. Sprint
- B. Drishti
- C. Tumble
- D. Pivot

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

- A. Bicep curls with a barbell
- B. Running a 400-meter dash
- C. Standard push-ups
- D. Leg presses on a machine

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

- A. True
- B. False

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

- A. It makes you fall asleep faster
- B. It helps the body cool down after a workout
- C. It prepares muscles for movement by increasing blood flow

Name: _____ **Date:** _____

D. It decreases your heart rate significantly

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

- A. Cardiovascular
- B. Explosive
- C. Sprinting
- D. Anaerobic

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

- A. The Slide
- B. The Hook
- C. The Slam
- D. The Spin

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

- A. True
- B. False

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

- A. Punt
- B. Throw
- C. Swing
- D. Kick