NAME:_____MR. U PER:_____ SEAT #:_____

5 Health-Related Components of Fitness Quiz 2019

_____/24 points

You may reuse from the answer key more than once.

1. **A**

5. **C**

2. **E**

6. **G**

3. **I**

7. **A**

4. Before activity **F**

8. After activity **D**

9. A basketball player plays a pick up game for 30+ minutes straight they are working the E component of fitness.

10. Warming up allows you to H

11. Being able to touch your toes while standing is an example of maintaining this component of fitness. C

12. A cool down allows you to B

ANSWER KEY

A. Muscular Strength

B. Get heart rate down safely from an exercise heart rate to a resting heart rate

C. Flexibility

D. Cool down

E. Cardio-respiratory endurance

F. Warm up

G. Muscular endurance

H. Get the heart rate up to a workable rate for beginning exercise

I. Body Composition