**Physical Education Assignment #5**

Name: \_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_ Date absent/injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Complete the sample quiz below.**

You may use [www.physiqueonfleek.weebly.com](http://www.physiqueonfleek.weebly.com) to complete the quiz.

1. Tyrone is doing cardiorespiratory endurance exercises. Which type of technology will help her in a personal physical activity plan?
2. Calculator
3. Pedometer
4. Heart rate Monitor
5. Video camera
6. Bre’s soccer team has a game tonight. Identify appropriate warm-up techniques and a reason for doing it.
7. Running on the field for 30 minutes to reduce heart rate.
8. Riding a bicycle for 20 minutes.
9. Stretching for 3-5 minutes to prevent injury.
10. Doing 3 sets of 30 second calf raises.
11. Zaria wants to improve her muscular endurance. Which three activities could she use?
12. Calf stretch, line jumps, neck rolls
13. Bicep curls, arm raises, shoulder stretch
14. Squats, push-ups, curl ups
15. Sprinting, jump rope, pacer run
16. Bonquitta is trying to improve her speed and agility for softball. What is the best training for her to do?
17. Aerobic
18. Anaerobic

Explain your answer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Janiyah is a ballet dancer. She is preparing for the finish of her performance, which component of fitness should she focus on?
2. Cardio respiratory fitness
3. Flexibility
4. Muscular Strength
5. Muscular Endurance
6. Derry does four sets of push-ups. The first set he does 10, 2nd set he does 15, 3rd set he does 20, 4th set he does 25. Which training principle is Derry doing?
7. Frequency
8. Progression
9. Overload
10. Specificity
11. What happens to the heart rate during aerobic exercise?
12. The heart becomes bigger
13. The heart becomes smaller
14. The heart beat increases
15. The heart beat stays the same
16. Kadi was telling Betsy about lowering her percentage of body fat and increasing her lean muscle tissue. Which health component did she explain about improving?
17. Body composition
18. Flexibility
19. Cardiorespiratory endurance
20. Muscular endurance
21. DJ calculated his target heart rate zone. After checking his pulse while jogging. He sees that he is below his target heart rate zone. What can he do to reach his target heart rate zone?
22. Increase speed
23. Decrease distance
24. Shorten stride
25. Slow down jogging
26. Taylor is stressed about cheerleading tryouts. Which is the best exercise to help relieve her stress?
27. Eat a bowl of ice cream
28. Go for a jog
29. Play a game of checkers
30. Play a game candy crush