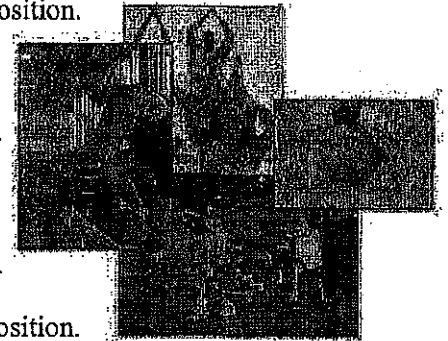


Name \_\_\_\_\_ Date \_\_\_\_\_ Hour \_\_\_\_\_

### Fitness For Life Common Assessment – Conditioning

Choose the best response that finishes the statement or answer the question.

1. Cardiorespiratory endurance means:
  - A. having a strong and efficient heart, lungs, and circulatory system.
  - B. the ability to move a limb through the entire range of motion at a joint.
  - C. the ability of a muscle to perform repeated movement or hold a static position.
  
2. Muscular endurance is:
  - A. The ability to move a limb through the entire range of motion at a joint.
  - B. the ability of a muscle to perform repeated movement or hold a static position.
  - C. the maximal force exerted by a muscle.
  
3. Muscular strength is:
  - A. The ability to move a limb through the entire range of motion at a joint.
  - B. the ability of a muscle to perform repeated movement or hold a static position.
  - C. the maximal force exerted by a muscle.
  
4. Muscular flexibility is:
  - A. The ability to move a limb through the entire range of motion at a joint.
  - B. the ability of a muscle to perform repeated movement or hold a static position.
  - C. the maximal force exerted by a muscle.
  
5. Which of the following is **NOT** a major component of physical fitness?
  - A. muscular strength
  - B. cardiorespiratory endurance
  - C. muscular flexibility
  - D. power walking
  - E. muscular endurance



*Identify the conditioning ability that is described by each phrase.*

**A. cardiorespiratory endurance**

**C. muscular endurance**

**B. muscular strength**

**D. muscular flexibility**

6. Stretching slowly and holding.

7. Lifting light weights many times.

8. Lifting heavy weights a few times.

9. Making the heart and lungs work hard.

10. Which phase of a conditioning program prepares the body for exercise?

A. workout

B. warm-up

C. cool down

11. Which phase of the conditioning program is used to decrease heart rate and bring blood pressure back to normal?

A. workout

B. warm-up

C. cool down

12. How long should a workout session last?

A. 20 minutes

B. 40 minutes

C. 60 minutes

D. 80 minutes

13. How hard you exercise is referred to as \_\_\_\_\_.

A. frequency

B. time

C. intensity

14. How often you exercise is referred to as \_\_\_\_\_.

A. frequency

B. time

C. intensity

15. How long you exercise is referred to as \_\_\_\_\_.

A. frequency

B. time

C. intensity