

W3: A- Individual Fitness Assessment

ASSESSMENT

Section A, Strand W3: Fitness and Testing

1. The study of human movement is called _____.
2. The science that uses principles of physics to understand the human body is called _____.
3. The part of fitness that refers to the types of body tissue is called _____.
4. The national report card for fitness is _____.
5. A device worn on your belt or wrist that counts steps is called a/an _____.
6. A device worn on your chest that tracks heart rate is called a/an _____.
7. Ability to change body position quickly is _____.
8. Ability to use muscles continuously without tiring is _____.
9. The acronym used to remember the characteristics of effective goals is _____.
10. What are the 5 steps in order, for developing a fitness plan for yourself?
 - a. _____ Structure Your program
 - b. _____ Set Goals- SMART goals
 - c. _____ Determine your personal needs
 - d. _____ Keep log and evaluate
 - e. _____ Consider program options
11. What are the two components of the FitnessGram?
12. What does HFZ mean? _____
13. What are the 5 components of fitness? _____
14. What are two ways to determine/calculate BMI? _____
15. What three ways does the FitnessGram measure flexibility? _____