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Subject Code: CORE15	Subject Title: Physical Education and Health
Module No: 3	Topic: Equipment and Health Fitness Components of Swimming

QUIZ 3.1 IDENTIFICATION

Direction: Identify what is being described in each item.

Fins 1. This equipment for swimming are great training for your legs and will help you swim faster.

Flexibility 2. A factor that allows you to continue swimming even when you're unable to participate in other sports.

Goggle 3. It protect your eyes from chlorine (and anything else that may be in the water), and they help you keep your eyes open while you swim so that you can see where you're going.

Kick boards 4. A device made of foam or other materials that float, and it comes in a variety of shapes and sizes.

Swimming attire 5. Fabrics are designed for minimal resistance through the water, they tend to last a long time, and they resist fading even when used repeatedly in chlorinated pools.

QUIZ 3.2 MULTIPLE CHOICE

Direction: Choose the letter of the correct answer.

C 1. What swimming equipment that protect the eyes from chlorine?

A. Googles B. Goggles C. Goggles D. Gaugles

A 2. Lower body fat and higher muscle mass leads to improved flexibility and more calories burned during a workout.

A. Body Composition B. Flexibility
C. Cardiovascular Fitness D. Muscular Endurance and Muscular Strength

B 3. They come in long fins for beginners who want to work on their stroke and build up leg strength and ankle flexibility and short fins to help you go faster without overworking your legs.

A. Kick Boards B. Fins C. Bathing cap D. Swimming attire

A 4. It's good exercise for coordinating your kicking, and it gives your arms a rest.

A. Kick Boards B. Fins C. Bathing cap D. Swimming attire

D 5. Exercising in water adds natural resistance to your workout, which helps build stronger muscles.

A. Body Composition B. Flexibility
C. Cardiovascular Fitness D. Muscular Endurance and Muscular Strength