**Question 1**

**1 / 1 pts**

**The ability to change the position of your body quickly and to control your body's movements.**



**Question 2**

**1 / 1 pts**

**The percentage of body weight that is made up of fat when compared to other body tissue, such as bone and muscle. (Ratio between body fat and muscle)**



**Question 3**

**1 / 1 pts**

**The ability to use your joints fully through a wide range of motion.**



**Question 4**

**1 / 1 pts**

**The ability to keep an upright posture while standing still or moving.**



**Question 5**

**1 / 1 pts**

**The ability to use your senses together with your body parts, or two or more body parts together.**



**Question 6**

**1 / 1 pts**

**The amount of force your muscles can produce. (measured by how much weight you can lift)**



**Question 7**

**1 / 1 pts**

**The ability to use strength quickly.**



**Question 8**

**1 / 1 pts**

**The ability to use your muscles many times without tiring.**



**Question 9**

**1 / 1 pts**

**The amount of time it takes to move once you realize the need to act.**



**Question 10**

**1 / 1 pts**

**The ability to exercise your entire body for long periods of time.**



**Question 11**

**1 / 1 pts**

**The ability to perform a movement or cover distance in a short period of time.**



**Question 1**

**1 / 1 pts**

Being flexible reduces the risk of injury.



True

Correct!



False

**Question 2**

**1 / 1 pts**

Tendons attach muscle to bone.



True

Correct!



False

**Question 3**

**1 / 1 pts**

Ligaments attach muscle to bone.



True



False

**Question 4**

**1 / 1 pts**

Muscles surround, protect and move bones.



True

Correct!



False

**Question 5**

**1 / 1 pts**

Stretching helps prevent and reduces muscle pain and soreness.



True

Correct!



False

**Question 6**

**10 / 10 pts**

**The ability to move joints through a full range of motion.**



**Stretch farther and longer as you progress.**



**Stretch muscles beyond their normal length.**



**Using specific stretches for specific muscles.**



**Stretching and holding a postion.**



**Stretching using a partner that pushes or pulls muscles in desired direction.**



**"Bouncing" to the desired position to increase flexibility.**



**Movement or swinging motions of joints through full range of motion.**



**Contracting the muscle before you stretch it.**



**Only allow and opening and closing of a joint.**



**Question 1**

**1 / 1 pts**

Vessels that carry blood to the heart are called veins.



True



False

**Question 2**

**1 / 1 pts**

Walking, jogging and bicycling are examples of anaerobic activity.



True



False

**Question 3**

**1 / 1 pts**

The body system that includes your heart, blood vessels, and blood is the respiratory system.



True



False

**Question 4**

**1 / 1 pts**

Carriers of cholesterol in the blood are called lipoprotiens.



True



False

**Question 5**

**1 / 1 pts**

The body system that includes your lungs and air passages is the cardiovascular system.



True



False

**Question 6**

**10 / 10 pts**

**Fatlike substance in the blood.**



**Heart can supply enough oxygen to the muscles.**



**Bad cholesterol**



**Heart cannot supply enough oxygen to the muscles.**



**Carries cholesterol out of the bloodstream.**



**The #1 killer in the United States.**



**How often you workout.**



**How hard you workout.**



**How long you workout.**



**What type of workout you do.**



**Question 1**

**1 / 1 pts**

Muscular strength is the amount of weight you can lift at one time.



True



False

**Question 2**

**1 / 1 pts**

Muscular endurance is the amount of weight you can lift repeatedly over a period of time.



True



False

**Question 3**

**1 / 1 pts**

"Core strength" consists of all of the muscles in the body.



True



False

**Question 4**

**1 / 1 pts**

Five pounds of muscles is twice the size of five pounds of fat.



True



False

**Question 5**

**1 / 1 pts**

Your muscles will turn to fat if you stop lifting.



True



False

**Question 6**

**10 / 10 pts**

**Muscle contraction in which no movement occurs.**



**Muscle contraction that produces movement.**



**Exercise that regulates resistance and speed of movements.**



**Drugs that mimic testosterone.**



**Muscle getting bigger as a result of strength training.**



**The number of times you lift something.**



**Groups of repetitions (reps).**



**Training that requires you to increase wieight and decrease repetitions as you progress through the workout.**



**Exercises that are similar to the movements required in your sport.**



**Lifting all upper body one day, and all lower body the next day.**

