7th Grade Health Assessment

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fill-In with Word Bank

Aerobic Exercise Physical Fitness Muscular Strength Flexibility

Muscular Endurance Body Composition Cardiovascular Endurance

Resting Heart Rate Target Heart Rate PRICE

1. The ability to handle the physical demands of everyday life without becoming overly tired is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Rhythmic, nonstop, moderate to vigorous activity that requires large amounts of oxygen is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The measure of how efficiently your heart and lungs work when you exercise and how quickly they return to normal when you stop is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. The measure of the most weight you can lift or the most force you can exert at one time is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The measure of a muscle’s ability to repeatedly exert a force over a prolonged period of time is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. The ability of your body’s joints to move easily through a full range of motion is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. The ratio of body fat to lean tissue is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. The number of times your heart beats per minute when you are at rest is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. Protect, Rest, Ice, Compress, and Elevate is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ treatment.
10. The range of numbers between which your heart and lungs receive the most benefit from a workout is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.