

Concepts of Health and Fitness

A Classroom-Based Assessment



Grade 5

A Component of the
Washington State Assessment Program



Fitness Assessment

Today you will take the Grade 5 Concepts of Health and Fitness Assessment.

Directions to the Student

There are several different types of questions on this test:

1. Some questions will ask you to choose the best answer from among four answer choices. Each of these items is worth one point.
2. Some questions will ask you to write your answer in an answer box.
 - Some of these questions are short. They ask you to write an answer and to explain your thinking using words. Each of these items is worth two points.
 - Others ask for more details or more thinking. These questions also provide you with more room for your answer. Each of these items is worth four points.

Here are some important things to remember as you take this test:

1. Read each question carefully and think about the answer.
2. If answer choices are given, choose the best answer by filling in the circle in front of your answer.
3. If an answer box is provided, write your answer neatly and clearly **inside** the box and show all your work. Cross out or erase any work you do not want as part of your answer.
4. You should have plenty of time to finish every question on the test. If you do not know the answer to a question, go on to the next question. You can come back to that question later.
5. When you reach the word **STOP** in your booklet, do **not** turn the page.



- 1** Why is it important to wear a helmet while skating or riding a bicycle?
- ☐ **A.** Provide balance
 - ☐ **B.** Improve visibility
 - ☐ **C.** Prevent head injury
 - ☐ **D.** Keep the head warm
- 2** Which major muscle group is being measured during the sit-and-reach flexibility test?
- ☐ **A.** Hamstrings
 - ☐ **B.** Abdominal
 - ☐ **C.** Pectorals
 - ☐ **D.** Biceps

Fitness

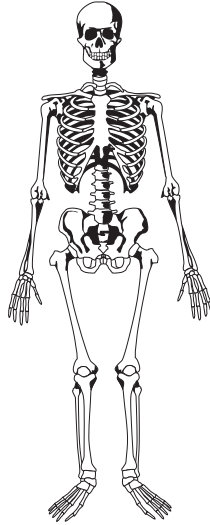
- 3** Damien is a basketball player. He likes to snack on chips, candy, and soda pop.
- Damien has made some poor choices in the types of foods that he likes to eat. Give **one** way that Damien's food choices might affect his basketball performance.
 - What are **two** healthy snack foods that a basketball player should eat?

One way that Damien's food choices might affect his
basketball performance:
Two healthy snack foods that a basketball player should eat:

- 4** Which of the following jobs would **most** improve Trina's muscular endurance?
- ☐ **A.** Mowing a lawn
 - ☐ **B.** Folding clothes
 - ☐ **C.** Feeding a dog
 - ☐ **D.** Drying dishes

Fitness

5 Give **two** reasons why humans need a skeletal system.



Reason 1:

Reason 2:

- 6** Which of the following items make up the composition of the body?
- ☐ **A.** Fat, muscle, and bone
 - ☐ **B.** Heart, pulse, and lungs
 - ☐ **C.** Muscle, strength, and flexibility
 - ☐ **D.** Muscle, strength, and endurance

Fitness

- 7 To do the activities shown below, the students must be healthy in four fitness components (parts): muscular strength, muscular endurance, flexibility, and cardiorespiratory endurance.



**Walking
a Dog**



**Raking
Leaves**



**Carrying
Groceries**



**Reaching
for a Can**

For each of the activities pictured:

- name one of the fitness components that is necessary to carry out each activity, and
- describe why this component is necessary to carry out the activity.

Walking a Dog
Necessary fitness component:
Why component is necessary to carry out the activity:
Raking Leaves
Necessary fitness component:
Why component is necessary to carry out the activity:

Carrying Groceries
Necessary fitness component:
Why component is necessary to carry out the activity:
Reaching for a Can
Necessary fitness component:
Why component is necessary to carry out the activity:

8 A high level of physical intensity would result from which of the following activities?

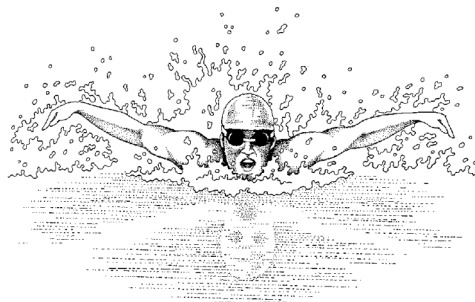
- ☐ **A.** Bowling
- ☐ **B.** Running
- ☐ **C.** Playing checkers
- ☐ **D.** Miniature golfing

Fitness

- 9 Kim walks from her house to a park that is down the street.
- If there are no sidewalks, on which side of the street should Kim walk to get to the park?
 - If Kim wanted to ride her bike instead, on which side of the street should Kim ride to get to the park?

Side on which to walk:
Side on which to ride:

10 Brian starts to swim laps.



How long will he need to swim before he begins to burn mostly fat?

- ☐ **A.** He begins burning mostly fat as soon as he starts swimming.
 - ☐ **B.** He begins burning mostly fat as soon as he stops swimming.
 - ☐ **C.** He begins burning mostly fat after about 20 minutes.
 - ☐ **D.** He begins burning mostly fat after about 1 hour.
- 11** Which component (part) of fitness will be most improved by aerobic exercise?
- ☐ **A.** Flexibility
 - ☐ **B.** Muscular strength
 - ☐ **C.** Muscular endurance
 - ☐ **D.** Cardiorespiratory endurance

Fitness

- 12** Identify **two** things that a person can do to improve his or her health.

Health improvement 1:
Health improvement 2:

- 13** Tom plays in a soccer game outside while the temperature is 90°F.



If Tom suddenly gets very hot and becomes dizzy while playing in this heat, which of the following should he do?

- ☐ **A.** Wait until the game is over to get a drink
- ☐ **B.** Remove his shirt to cool off and keep playing
- ☐ **C.** Stop playing, get a drink, and rest in the shade
- ☐ **D.** Keep playing because it will cause him to sweat

Fitness

- 14** Which of the following strategies should be followed each day when eating according to the Food Guide Pyramid?
- ☐ **A.** Eat foods that are only at the top of the pyramid
 - ☐ **B.** Eat a balance of foods as shown in the pyramid
 - ☐ **C.** Eat foods that are only at the bottom of the pyramid
 - ☐ **D.** Eat any amount of the foods shown in the pyramid
- 15** Name **one** activity Julie may do at recess to improve her level of cardiorespiratory endurance. Explain how this activity may help her improve her level of cardiorespiratory endurance.

One recess activity:
How this activity may help Julie improve her level of
cardiorespiratory endurance:

- 16** Which of the following body parts is lean tissue that contracts and relaxes with movement?
- ☐ **A.** Humerus
 - ☐ **B.** Sternum
 - ☐ **C.** Triceps
 - ☐ **D.** Tibia
- 17** Seth wants to improve the curl-up score that he received on a school fitness test. Which of the following does Seth need to know in order for him to set a realistic goal in this area?
- ☐ **A.** The number of curl-ups he can do now
 - ☐ **B.** The number of push-ups he can do now
 - ☐ **C.** The number of curl-ups his friends can do now
 - ☐ **D.** The number of pull-ups his friends can do now

Fitness

- 18 Beth is going to do the one-mile run.



On the day of the run, which of the following practices would **best** help Beth to prepare for her run?

- ☐ A. Eat very little for lunch and dinner the day before the run
 - ☐ B. Get rest, water, and good nutrition before the run
 - ☐ C. Run an extra mile for practice before the run
 - ☐ D. Have a big lunch an hour before the run
- 19 Which of the following body parts is hard, dense tissue that forms part of the skeleton?
- ☐ A. Bicep
 - ☐ B. Femur
 - ☐ C. Quadricep
 - ☐ D. Hamstring

20 Laura likes to jump rope and play basketball to help keep physically fit.

- Describe **two** ways that she may prevent injury to herself and/or to others while jumping rope.
- Describe **two** ways that she may prevent injury to herself and/or to others while playing basketball.

One way that she may prevent injury while jumping rope:
Another way that she may prevent injury while jumping rope:
One way that she may prevent injury while playing basketball:
Another way that she may prevent injury while playing basketball:

Fitness

- 21 Jana notices that she is out of breath after walking upstairs. To best improve her cardiorespiratory endurance, at which heart rate should she exercise?
- ☐ A. Target heart rate
 - ☐ B. Normal heart rate
 - ☐ C. Resting heart rate
 - ☐ D. Maximum heart rate
- 22 Sue is very active. She belongs to an after-school basketball team and a weekend soccer team.



What type of diet does Sue need?

- ☐ A. A diet that is high in fat
- ☐ B. A diet that is high in sugar
- ☐ C. A diet that provides enough calories
- ☐ D. A diet that includes bread in small amounts

23 Martina wants to strengthen her triceps.

- List **two** exercises that will help her do this.

Exercise 1:
Exercise 2:

24 How long after eating should you wait in order to do your best during physical activity?

- ☐ **A.** 45 minutes
- ☐ **B.** 15 minutes
- ☐ **C.** 12 hours
- ☐ **D.** 2 hours

Fitness

- 25** List **one** example of an activity that would be at the top of the activity pyramid and **one** that would be at the bottom.

Activity at the top:
Activity at the bottom:

26 Paulo gets ready to jog by doing some stretches.



Which of the following practices should be part of a stretching routine that is suitable for jogging?

- ☐ **A.** Stretch upper body more than the rest of the body
- ☐ **B.** Bounce up and down on one spot when stretching
- ☐ **C.** Hold all stretches for ten seconds
- ☐ **D.** Stretch until muscles hurt

27 Which of the following tests measures muscular strength?

- ☐ **A.** Pull-ups
- ☐ **B.** Step test
- ☐ **C.** One-mile run
- ☐ **D.** Sit-and-reach

Fitness

28 Axton knows that including some fat in his diet is necessary for maintaining good health.

- Give **two** ways that fat is good for Axton's health.
- Give **two** ways that too much fat is bad for Axton's health.

One way that fat is good for Axton's health:
Another way that fat is good for Axton's health:
One way that too much fat is bad for Axton's health:
Another way that too much fat is bad for Axton's health:

- 29** Oxygen is inhaled and carbon dioxide is exhaled by which of the following organs?
- ☐ **A.** Esophagus
 - ☐ **B.** Trachea
 - ☐ **C.** Lungs
 - ☐ **D.** Nose
- 30** What is the minimum number of times an individual must exercise to maintain a healthy level of fitness?
- ☐ **A.** Once a week
 - ☐ **B.** Five times a week
 - ☐ **C.** Seven times a week
 - ☐ **D.** Three times a week

1. Student Name:

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Last Name

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First Name Middle Initial

2. Date of Birth:

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 19

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Month Year

01 = January	07 = July
02 = February	08 = August
03 = March	09 = September
04 = April	10 = October
05 = May	11 = November
06 = June	12 = December

3. Gender: (Circle One) M F

4. I.D. Number: (Optional)

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5. Race/Ethnic Group: (Circle One)

- 1 American Indian/Alaskan Native
- 2 Asian/Pacific Islander
- 3 Black/African-American, not of Hispanic origin
- 4 Hispanic
- 5 White, not of Hispanic origin
- 6 Multi-racial (two or more of the above)

6. Enter the following:

Grade: _____

Teacher: _____

School: _____

City: _____

State: _____

