

# Concepts of Health and Fitness

## A Classroom-Based Assessment



## High School

A Component of the  
Washington State Assessment Program





# Fitness Assessment

Today you will take the High School 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 Which of the following stretching programs would **best** improve the overall flexibility of a student?



- ☐ A. Fifty minutes, once a week  
☐ B. Twenty minutes, once a week  
☐ C. Five minutes, three days a week  
☐ D. Thirty minutes, three days a week
- 2 Carmen, after years of a sedentary lifestyle, wants to start an exercise program. Which of the following routines represents the safest form of exercise that Carmen should carry out at the start of her program?
- ☐ A. Vigorous aerobic dance three times a week  
☐ B. Brisk walking for thirty minutes every other day  
☐ C. Running three to five miles every other day  
☐ D. Swimming for one hour five times a week

## Fitness

- 3 In which of the following occupations would a person **most likely** have to maintain the highest level of physical fitness to effectively perform his or her job?
- ☐ A. Chef
- ☐ B. Attorney
- ☐ C. Science teacher
- ☐ D. Construction worker
- 4 List **two** changes that could happen to a person as that person ages that would affect his or her exercise program.

<b>Change 1:</b>
<b>Change 2:</b>

- 5** The warm up phase of a workout will help reduce the risk of which of the following conditions?
- ☐ **A.** Pulled muscles
  - ☐ **B.** Heart disease
  - ☐ **C.** Heat stroke
  - ☐ **D.** Sore throat

## Fitness

- 6 Maria is a high school student who spends too much time in front of a TV and computer screen. Maria's overall level of fitness is low. The FITT principle is indicated below:

- ✓ F Frequency—how often
- ✓ I Intensity—at what intensity
- ✓ T Time—for how long
- ✓ T Type—the type of activities she should do

- Choose **one** of the five health-related fitness components.
- Create a plan for Maria using the FITT principle that would help her to improve her level of fitness in this component.



<b>Health-related fitness component:</b>
<b>F:</b>
<b>I:</b>
<b>T:</b>
<b>T:</b>



- 7 Which of the following exercises and desired outcomes **best** illustrates the principle of specificity?
- ☐ A. Push-ups to gain flexibility
  - ☐ B. Pull-ups to decrease body fat
  - ☐ C. Bicep curls to increase muscular strength in biceps
  - ☐ D. Repetitions of heavy weights to increase muscular endurance
- 8 Which of the following characteristics is the most important part of a safe and effective weight loss program?
- ☐ A. Special foods and supplements must be purchased.
  - ☐ B. Elimination of certain food groups is emphasized.
  - ☐ C. Strategies for lifestyle changes are provided.
  - ☐ D. Fast results are guaranteed.

## Fitness

- 9 The following occupations place different physical demands on the body.

### Occupation One:

Thirty-two-year-old Lori works as an accountant. She spends much of her day working at the computer. Her body fat percentage is above the healthy level for her age. Lori goes for a twenty-minute walk once a week.



### Occupation Two:

Thirty-two-year-old Mary is a landscaper. Her job involves digging and lifting. Her body fat percentage is at a healthy level for her age. Mary does not exercise outside of her work day.



- Choose **one** of the individuals above.
- Describe **one** change this particular individual needs to make to her life to improve her current level of fitness.
- Explain how this change will improve her level of fitness.

<b>Individual chosen:</b>
<b>Change:</b>
<b>Explain how this change will improve her level of fitness:</b>

**10** If Jered increases his level of physical activity without increasing his food intake, what is the **most** likely effect on Jered's body?

- ☐ **A.** Jered would lose weight.
- ☐ **B.** Jered would gain weight.
- ☐ **C.** Jered would gain muscle mass.
- ☐ **D.** Jered would lower his cholesterol.

**11** Dave is a student who knows that participating in a regular exercise program provides many benefits.

- Name **two** mental benefits that Dave may gain by participating in a regular exercise program.
- Provide a specific example of how each mental benefit will impact Dave's life.

<b>Mental benefit 1:</b>
<b>Impact on Dave's life:</b>
<b>Mental benefit 2:</b>
<b>Impact on Dave's life:</b>

## Fitness

- 12 Sue has been sick with the flu for the last week and now is feeling better. She is concerned because her regular workout schedule has been interrupted by her illness.



Which of the following strategies should Sue use when resuming her workout?

- ☐ A. Resume at a lower level of intensity.
  - ☐ B. Resume at the same level of intensity.
  - ☐ C. Resume after three weeks so she may fully recover.
  - ☐ D. Resume at a higher level of intensity.
- 13 Which of the following dietary practices would have the **most positive** impact on the overall physical performance of an athlete?
- ☐ A. She should consume more proteins than carbohydrates.
  - ☐ B. She should consume energy bars and sports drinks.
  - ☐ C. She should balance her intake of nutrients.
  - ☐ D. She should eliminate her intake of fats.

**14** Warm up and cool down are two training principles that are an important part of any fitness program. Choose **two** of the remaining training principles listed below and explain the role of each in an exercise program.

- Specificity
- Diminishing returns
- Overload
- Progression
- Reversibility
- Rest and recovery

<b>Training principle 1:</b>
<b>Role in exercise program:</b>
<b>Training principle 2:</b>
<b>Role in exercise program:</b>

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## Fitness

- 15 Ajas wants to join a fitness club in order to improve his level of fitness. Given this fitness goal, which of the following qualities should be of **least** importance to Ajas when considering a fitness club?
- ☐ A. There are celebrities who endorse the fitness club.
  - ☐ B. The fitness club equipment is well maintained.
  - ☐ C. There is qualified staff at the fitness club.
  - ☐ D. The fitness club meets personal needs.

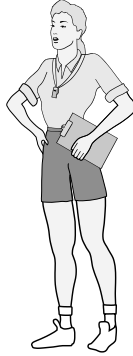
- 16** Willis, a 22-year-old college student, has not exercised since high school. His lifestyle is sedentary, and his diet is poor. The results of a fitness evaluation show that he is in the unhealthy range in muscular strength, cardiorespiratory endurance, and body composition.

- List **four** personal changes that Willis could make to help him reach his fitness goals.

<b>Change 1:</b>
<b>Change 2:</b>
<b>Change 3:</b>
<b>Change 4:</b>

## Fitness

- 17 Becky wants to improve her overall level of fitness. Given this fitness goal, which of the following qualities should she seek in a personal trainer?



- ☐ A. A trainer who emphasizes body building practices
  - ☐ B. A trainer who endorses certain products and equipment
  - ☐ C. A trainer who informs clients of choices that meet their needs
  - ☐ D. A trainer who promotes the philosophy that pain will result in gain
- 18 Pam wants to switch from being a member of the school chess club to being a member of the school track team. This change will result in a significant increase in her level of physical activity.
- Pam would like to stay at her current weight. Explain how Pam will be able to maintain her current weight during track season.
  - In your answer, discuss the relationship that exists between calorie intake and energy demands.




- 19** Steve has asthma. Which of the following actions should Steve take first if he wants to begin an exercise program?
- ☐ **A.** Consult a physician for medical guidance
  - ☐ **B.** Start an aerobic fitness program
  - ☐ **C.** Begin a home exercise program
  - ☐ **D.** Hire a personal trainer
- 20** Showing unrealistic body images of men and women in advertisements is a common way many advertisers may mislead the public in an effort to sell health and fitness products.

Describe **two** additional examples of how advertisers may mislead the public in an effort to sell health and fitness products.

<b>Example 1:</b>
<b>Example 2:</b>

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## Fitness

- 21 Maria takes a push-up test to measure her arm strength. Which of the following explanations describes why it is important for Maria to follow the exact directions or protocol when performing a push-up test?
- ☐ A. So that Maria will receive a true measurement of her ability
  - ☐ B. So that Maria will receive the highest score possible
  - ☐ C. So that Maria will improve her aerobic capacity
  - ☐ D. So that Maria will improve her flexibility

**22** Juanita sprains her ankle while playing tennis. Marcus tells her to use the RICE method of first aid to help her heal her injury.

- Name the action that is associated with each letter in the acronym RICE.
- Describe the first aid treatment that is associated with each action.

<b>R:</b>
<b>Treatment:</b>
<b>I:</b>
<b>Treatment:</b>
<b>C:</b>
<b>Treatment:</b>
<b>E:</b>
<b>Treatment:</b>

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## Fitness

23 Which of the following groups of leisure activities **best** promotes cardiorespiratory fitness?

- ☐ A. Bowling, darts, fishing
- ☐ B. Woodworking, pottery, sewing
- ☐ C. Archery, knitting, photography
- ☐ D. Hiking, canoeing, in-line skating

**24** Jesse keeps a record of his workouts in a log book.



Describe **two** ways that the information in this log book can be used to help Jesse meet his fitness goals.

<b>One way the information in this fitness log can be used:</b>
<b>Another way the information in this fitness log can be used:</b>

**25** Which of the following health risk factors may be controlled?

- ☐ **A.** Age
- ☐ **B.** Stress
- ☐ **C.** Gender
- ☐ **D.** Heredity

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## Fitness

- 26 Fernando knows that there is a process that must be considered when setting fitness goals. Which of the following factors is **least** important for Fernando to consider when he sets his fitness goals?
- ☐ A. His goals must be specific.
  - ☐ B. His progress must be measurable.
  - ☐ C. His plan must include specific action steps.
  - ☐ D. His goals must be achieved in a short period of time.

- 27 Which of the following long-term benefits may result from including **weight-bearing exercises** in an exercise program?
- ☐ A. Aerobic capacity will be increased.
  - ☐ B. Osteoporosis will be prevented.
  - ☐ C. Diabetes will be prevented.
  - ☐ D. Flexibility will be increased.
- 28 Who would be the **best** person to ask to obtain accurate information about a weight loss product?



- ☐ A. A salesperson from the product's company
- ☐ B. A friend who has used the product
- ☐ C. A licensed healthcare professional
- ☐ D. An editor of a health magazine

## Fitness

- 29 Wade completed a fitness test at his school. He was tested in three separate areas. His score in each area and the Minimum Health-Related Standard for each particular area are illustrated in the chart below.

Test Area	Wade's Score	Minimum Health-Related Standard
Sit-and-reach (inches)	6	8
Curl-ups	20	24
Push-ups	11	16

Wade needs to improve his score in all three test areas.

- Choose **two** of the three test areas.
- For each of the two areas chosen, provide **one** suggestion that may help him improve his score in each particular area.

<b>One area that needs improvement:</b>
<b>One suggestion for improvement:</b>
<b>Another area that needs improvement:</b>
<b>One suggestion for improvement:</b>



**30** Andre wants to set fitness goals for himself. Which of the following pieces of information is essential for Andre to know before he can set personal fitness goals?

- ☐ **A.** His past level of fitness
- ☐ **B.** His current level of fitness
- ☐ **C.** The fitness level of his friends
- ☐ **D.** The fitness level of his parents





1. Student Name:

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Last Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First Name

--	--

Middle Initial

2. Date of Birth:

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Month

19

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: \_\_\_\_\_

