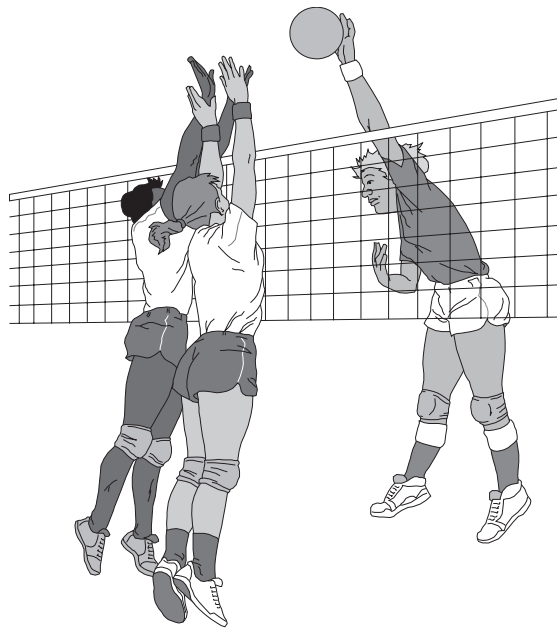


Concepts of Health and Fitness

A Classroom-Based Assessment



Grade 8

A Component of the
Washington State Assessment Program



Fitness Assessment

Today you will take the Grade 8 Concepts of Health and Fitness Assessment.

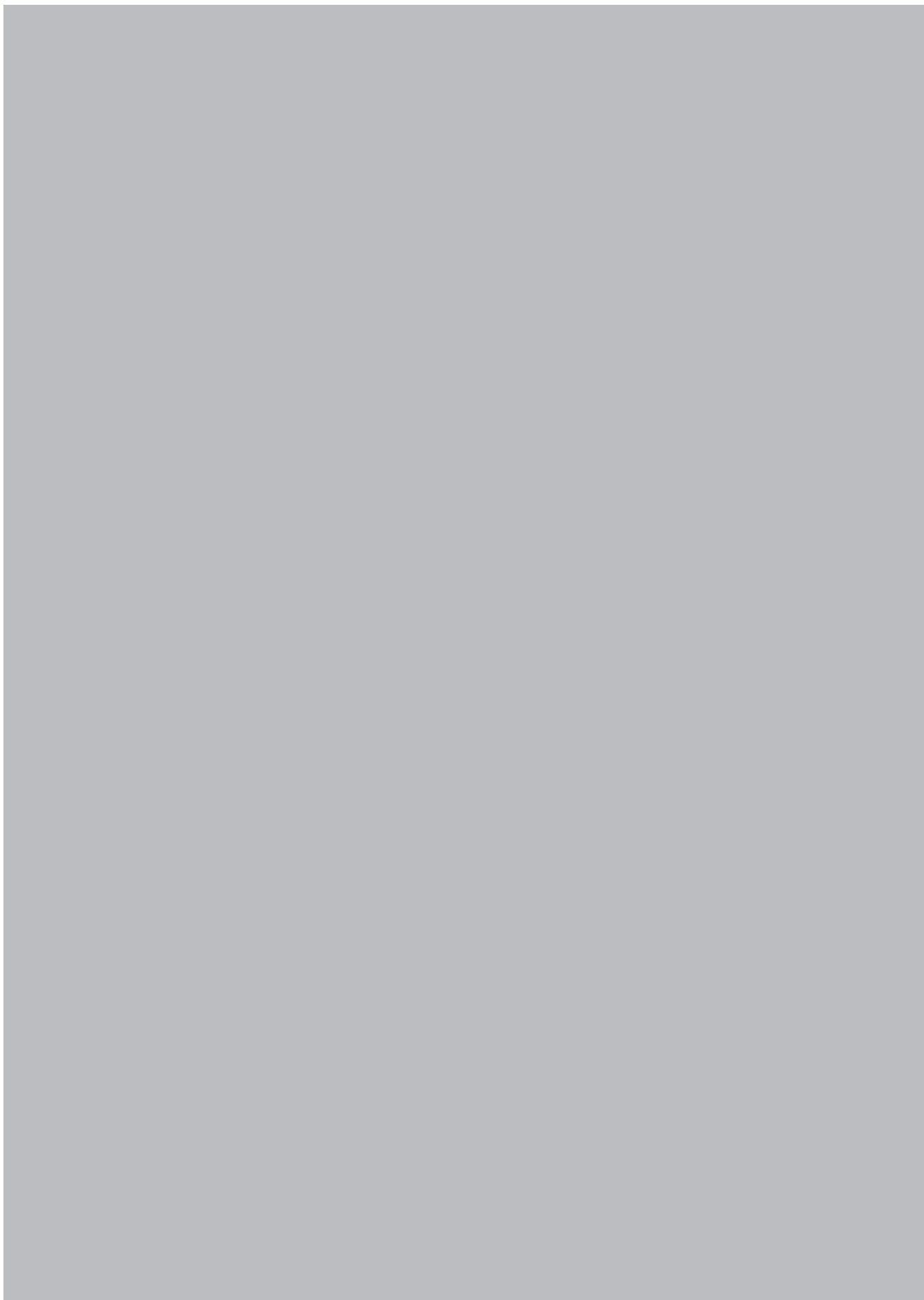
Directions to the Student

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 activities requires the highest level of aerobic fitness?
- ☐ **A.** Pull-up
 - ☐ **B.** Curl-up
 - ☐ **C.** One-mile run
 - ☐ **D.** Sit-and-reach
- 2** When participating in a physical activity, which of the following procedures should be followed?
- ☐ **A.** Warm up, stretching, physical activity, cool down
 - ☐ **B.** Cool down, physical activity, stretching, warm up
 - ☐ **C.** Physical activity, warm up, stretching, cool down
 - ☐ **D.** Stretching, cool down, physical activity, warm up

Fitness

- 3** The **heart** and **lungs** work as a team to deliver oxygen to the working muscles.

Explain how the heart and lungs work together using blood to get oxygen from outside of the body to the working muscles inside of the body.

- 4** The principle of fitness is summarized in the acronym FITT.

F—Frequency
I—Intensity
T—Time
T—Type

In an individual's workout routine, which of the following factors describes the role of frequency as it relates to the FITT principle?

- ☐ **A.** The number of different exercises completed in a particular week
- ☐ **B.** The number of times that a person exercises in a particular week
- ☐ **C.** The number of repetitions of an exercise included in a workout
- ☐ **D.** The number of different exercises included in a workout

Fitness

- 5 Raul knows a balanced diet is essential to healthy living. He is training to be a distance runner for his school track team.

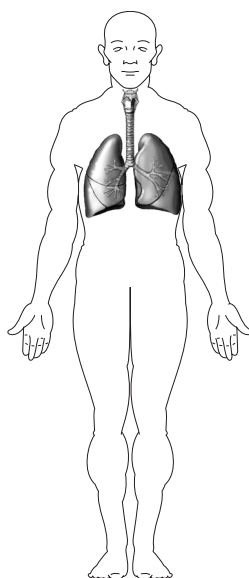


Describe the specific role of the following nutrients in Raul's training:

- proteins
- carbohydrates, and
- fats.

The role of proteins in Raul's training:
The role of carbohydrates in Raul's training:
The role of fats in Raul's training:

- 6** Sheila is concerned about maintaining her level of health and nutrition. Which of the following sources of information would be most reliable in helping her determine the amount of fat that she may include in her diet?
- ☐ **A.** A registered dietitian
 - ☐ **B.** A physically fit friend
 - ☐ **C.** A nutrition label
 - ☐ **D.** A recipe
- 7** The location of the lungs in the human body is illustrated below.



The lungs are a key component in which of the following systems?

- ☐ **A.** Skeletal
- ☐ **B.** Muscular
- ☐ **C.** Digestive
- ☐ **D.** Respiratory

Fitness

- 8 The chart below displays the scores of three male students on four different test items. The chart compares their scores to Minimum Health-Related Standards.

Test Item	José	Tomas	Scott	Minimum Health-Related Standards
Mile run (time)	6:58	8:37	10:14	7:41
Push-ups	4	20	5	15
Sit-and-reach (inches)	15	7	12	10
Curl-ups per minute	30	50	46	42

Each student in the chart above needs to improve his score in two of the four given test items. Describe a plan that would help one of the students to **improve** his two scores that do not meet Minimum Health-Related Standards. In your plan, include the following:

- the name of the student
- his two test items and scores that are below Minimum Health-Related Standards, and
- a description of how the student may improve these two scores.

Student name:
First test item and score below Minimum Health-Related Standards:
How the student may improve his score:
Second test item and score below Minimum Health-Related Standards:
How the student may improve his score:

9 Which of the following activities would **best** serve as a means of developing muscular endurance?

- ☐ A. Sprinting
- ☐ B. Push-ups
- ☐ C. Sit-and-reach
- ☐ D. Jump and reach

10 Julie knows that maintaining a healthy diet is important for lifelong health. Which of the following practices will **best** help Julie maintain a healthy diet?



- ☐ A. Track the nutrients that are present in foods that she eats
- ☐ B. Analyze the expiration dates on foods that she eats
- ☐ C. Engage in an aerobic exercise program
- ☐ D. Exercise using heavy weights

Fitness

- 11** Which of the following sets of body components represents the order that oxygen is delivered to working muscles in the human body?
- ☐ **A.** Arteries, heart, lungs, working muscles
 - ☐ **B.** Heart, lungs, arteries, working muscles
 - ☐ **C.** Lungs, arteries, heart, working muscles
 - ☐ **D.** Lungs, heart, arteries, working muscles
- 12** Which of the following heart rates falls within the target heart rate zone for a typical 14-year-old?
- ☐ **A.** 80 beats per minute
 - ☐ **B.** 110 beats per minute
 - ☐ **C.** 140 beats per minute
 - ☐ **D.** 180 beats per minute

13 Describe **two** safety rules that should be followed while riding a bike.



Rule 1:
Rule 2:

Fitness

- 14** Which of the following descriptions represents the manner in which ingredients are listed on a food label?
- ☐ A. Amount of the ingredients by weight
 - ☐ B. Alphabetical order of the ingredients
 - ☐ C. Nutritional value of the ingredients
 - ☐ D. Recommended daily allowance of the ingredients
- 15** During aerobic activity, a person's heart rate increases. As a result, more blood is delivered to working muscles. If a person immediately stops exercising and does not cool down, he or she could get sore muscles and feel dizzy.



Explain how a cool down prevents sore muscles and dizziness.

How a cool down prevents sore muscles:
How a cool down prevents dizziness:

16 Which of the following sets of body characteristics are used to determine an individual's body composition?

- ☐ A. Weight and muscular strength
- ☐ B. Muscular mass and body fat percentage
- ☐ C. Skeletal structure and endurance
- ☐ D. Muscular strength and body fat percentage

17 Kevin is at a weight that is healthy for his height and age. Describe **two** ways that he can **maintain** this healthy weight.

Way 1:
Way 2:

Fitness

- 18** Daniel completed four fitness tests. His percentile rankings for each test area are listed below:

Mile Run:	60th percentile
Curl-Ups:	8th percentile
Pull-Ups:	15th percentile
Stretch Test:	90th percentile

Which of the following fitness components needs the most improvement for Daniel?

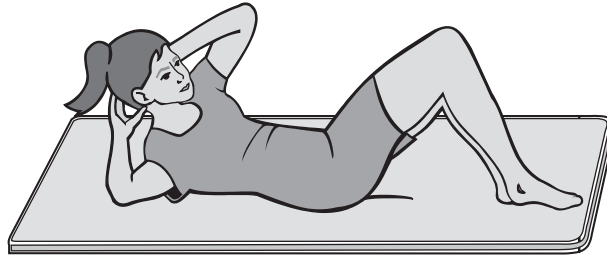
- ☐ **A.** Cardiorespiratory endurance
- ☐ **B.** Muscular endurance
- ☐ **C.** Body composition
- ☐ **D.** Flexibility

- 19** Name **two** fitness components and give an example of how each component can be measured.

Component 1:
How it can be measured:
Component 2:
How it can be measured:

Fitness

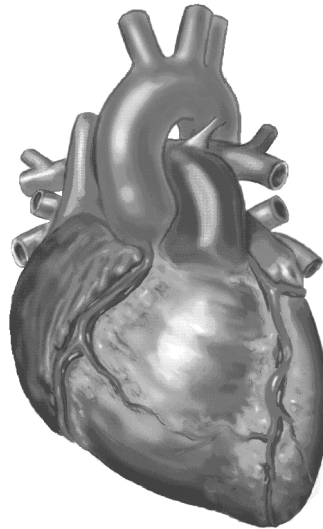
20 The student pictured below is performing crunches.



Which of the following large muscle groups receives the greatest workout from crunches?

- ☐ A. Abdominals
- ☐ B. Quadriceps
- ☐ C. Hamstrings
- ☐ D. Biceps

21 A typical human heart is pictured below.



During exercise, the heart rate increases. What happens to the frequency of breathing and the volume of blood circulated throughout the body?

Fitness

22 Which of the following groups of food represents the best source of calcium?

- ☐ A. Fruit and vegetables
- ☐ B. Milk, yogurt, and cheese
- ☐ C. Breads, cereal, rice, and pasta
- ☐ D. Meat, poultry, fish, dry beans, eggs, and nuts

23 Identify **two** benefits of lifelong fitness.

Benefit 1:
Benefit 2:

24 Which of the following practices would **best** serve to prevent dehydration?

- ☐ **A.** Drink water only when thirsty.
- ☐ **B.** Drink fruit juice during a workout.
- ☐ **C.** Drink a lot of water after a workout.
- ☐ **D.** Drink water often throughout the day.

Fitness

- 25** Describe **two** benefits of warming up before sports-related activities. Name **two** specific sports-related activities and name **one** warm up for each activity.

One benefit of warming up:
Another benefit of warming up:
Name of one sports-related activity:
Warm up for this activity:
Name of another sports-related activity:
Warm up for this activity:

26 Which of the following safety considerations must be practiced when playing pickle ball?

- ☐ **A.** Checking the ball for cracks
- ☐ **B.** Setting the net at the proper height
- ☐ **C.** Knowing where an opponent is on the court
- ☐ **D.** Wrapping the string of the handle around the wrist

27 Describe **two** water safety considerations for boating or swimming.

Consideration 1:
Consideration 2:

Fitness

- 28** Which of the following phases of a cardiorespiratory activity would involve the **most** time?
- ☐ **A.** Stretching
 - ☐ **B.** Cool down
 - ☐ **C.** Workout
 - ☐ **D.** Warm up

29 Aerobic activity is essential to lifelong fitness.

- What makes an activity aerobic?
- List three benefits of aerobic activity to lifelong fitness.

What makes an activity aerobic?:
Benefit 1:
Benefit 2:
Benefit 3:

Fitness

30 Stretching is an important part of a fitness program.



Which of the following procedures should be followed during stretching?

- ☐ **A.** Using weights to stretch farther
- ☐ **B.** Using bouncing or ballistic stretching
- ☐ **C.** Stretching when the muscles are cold
- ☐ **D.** Holding the stretch for a period of time

1. Student Name:

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Last Name

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First Name

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Middle Initial

2. Date of Birth:

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Month

19

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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: _____

