Fitness for Life 2nd edition Corbin Test Bank

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1. Your ability to perform a specific task such as dribbling a basketball is called what?

a. wellness
b. power
c. fitness
*d. skill
e. effort

2. What two parts of the body work together when signaled by the brain to allow for movement of the fingers, arms, and legs?

a. brain and heart
b. heart and muscles
*c. nerves and muscles
d. nerves and heart
e. heart and lungs

3. What are sport skills sometimes referred to as?

a. skill-related fitness
*b. performance skills
c. health-related fitness
d. physical fitness

4. Which is a part of skill-related fitness?

a. cardiorespiratory fitness
*b. agility
c. flexibility
d. strength

5. Mayi is a runner and needs to be able to move quickly when she gets a signal to start moving. What is this part of skill-related fitness called?

a. coordination
b. balance
c. agility
*d. reaction time
e. power

6. Tyler is a swimmer and wants to get across the pool in the fastest possible time. What aspect of skill-related fitness does Tyler most need to practice?

*a. speed
b. coordination
c. agility

d. balance

7. How many parts of skill-related fitness are there?

a. 3
b. 4
*c. 5
d. 6
e. 7

8. When you use your arms and legs to apply force, like when kicking or throwing a ball for great distance, what kind of simple machine are they operating like?

a. equipment
*b. levers
c. sport skills
d. motor skills

9. What is agility?

a. the ability to combine strength and speed
b. the ability to move quickly when signaled
c. the ability of parts of the body to work together when you perform activity
*d. the ability to change body positions quickly and keep your body under control
e. the ability to keep your body in a steady position

10. Which of the following is the best statement about learning skills?

a. Older people cannot learn new skills.
*b. Most skills are learned early in life.
c. Practice does little to improve skill.
d. All skills are sports skills.

11. What word do you use to refer to doing an activity over and over to improve skill?

a. repetition
*b. practice
c. playing
d. improving skill

12. Billy and Trey are on a soccer team. What is the information called that their coach gives them about their movements to improve their practice?

a. hints
b. teaching
*c. feedback
d. discipline

13. Sunil is getting feedback from her coaches, friends, and parents. What happens when too much information is given at one time?

a. analysis by practice
*b. paralysis by analysis
c. analysis by paralysis
d. fear of failure

14. Besides skill practice, Robert visualizes the exact steps and process that it takes to make his putts. What are these steps called?

a. rituals
*b. routines
c. workouts
d. practice

15. Which of the following is the most appropriate statement about practice?

a. Practice makes perfect.
*b. Perfect practice makes perfect.
c. The more practice the better.
d. Practice what you preach.

16. What word or words do you use to refer to imagining the proper performance of a skill?

a. coordination
b. fitness improvement
c. performance enhancement
d. motor skill
*e. mental practice

17. Which is the best definition of a lever?

a. a basic nutrient of the body
b. a type of movement skill
*c. a very basic machine
d. a device to aid coordination

18. What are the most common levers in the body that are used for fast movements such as kicking or throwing?

a. first class
b. second class
*c. third class
d. fourth class

19. What is a reasonable length of practice time for most people for any one skill?

*a. 5-30 minutes
b. 60-120 minutes
c. 3 hours
d. all day

20. Annie wants to get good enough to play on the school team. She mentioned that she thought practice was very important. Why does Annie think that it is important to practice?

a. because it helps her get stronger
b. because it allows for time with her friends
*c. because it allows her to improve her skills
d. because it allows her to improve fitness

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11. What would be another name for the use of nerves and muscles together?

a. muscle fitness

b. paralysis by analysis

*c. motor unit

d. physical activity

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13. Which word or words best describe the word *motor* in motor skills?

a. agility

b. biomechanical principles

c. health-related fitness

*d. nerves and muscles working together

e. engine

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19. What word or words do you use to refer to imagining the proper performance of a skill?

a. coordination

b. fitness improvement

c. performance enhancement

d. motor skill

*e. mental practice

20. What is the best reason for regular practice?

*a. so you will improve your skills

b. so you can build your fitness

c. so you can be better than other people

d. so you will perform better in school

21. Which is the best definition of a lever?

a. a basic nutrient of the body

b. a type of movement skill

*c. a very basic machine

d. a device to aid coordination

22. Which is a good example of a second-class lever?

a. throwing a ball

b. serving a tennis ball

*c. doing a push-up

d. using the foot in walking

23. What are the most common levers in the body that are used for fast movements such as kicking or throwing?

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b. second class

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b. because it allows for time with her friends

*c. because it allows her to improve her skills

d. because it allows her to improve fitness

26. Will is trying to improve his ability to kick the soccer ball. How often should Will practice this skill?

*a. daily

b. weekly

c. monthly

d. never

27. Which types of lever change the direction of the force?

*a. first class

b. second class

c. third class

d. No levers change the direction of force.

28. What happens when you contract muscles in the arms?

a. They stimulate digestion.

b. They make your nerves function better.

*c. They produce force to move the bones.

d. They help your blood vessels carry blood.