

Health Opportunities through Physical Education

Name: _____ Class: _____ Date: _____

___ /20 pts

Ch. 14 Quiz: Physical Activity and Fitness Assessment

1. A _____ is a brief summary of the results of all of your fitness self-assessments (4 points).

2. The following is a partial list of the steps in creating a personal fitness program. Complete the list by filling in steps 2 and 4 (8 points).

Step 1: Determine personal needs: collect information

Step 2: _____

Step 3: Set goals

Step 4: _____

Step 5: Keep a log and evaluate your program

3. Which of the following is an example of a complete SMART product goal (3 points)?

- a. I will run faster than I do now.
- b. I will work out three days per week.
- c. I will increase my bench press score by 5 pounds in four weeks.
- d. I will lose 15 pounds this week.

4. Write out a complete SMART product goal for one component of your health-related fitness (5 points).

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Ch. 14 Quiz: Maintaining Active Lifestyles

___ /20 pts

1. Match the stage of physical activity to the correct description (10 points):

___ self-assessment	a. These skills create a foundation for developing your personal plan by setting goals that are SMART (specific, measurable, attainable, realistic, and timely) and for preparing a written schedule
___ positive attitude	b. This skill involves keeping records (logs) to see whether you are in fact doing what you think you're doing
___ goal setting and self-planning	c. This skill helps you see where you are and what to change in order to get where you want to be
___ self-monitoring	d. This skill helps you find ways to stay active despite barriers, such as lack of time, temporary injury, lack of safe places to be active, inclement weather, and difficulty in selecting healthy foods
___ overcoming barriers	e. This skill helps position you to succeed in adopting a healthy lifestyle

2. Correct each negative attitude with a positive one. Write your positive attitudes on the blank lines provided (10 points).

a. Negative: "I don't have the time."

Positive: _____

b. Negative: "I don't want to get all sweaty."

Positive: _____

c. Negative: "People might laugh at me."

Positive: _____

d. Negative: "None of my friends work out, so neither do I."

Positive: _____

e. Negative: "I get nervous and feel tense when I play sports and games."

Positive: _____