

# TOPIC 1.1.3 TEST 1

1) Which of the following is NOT a component of skill-related fitness?

- A) Power
- B) Cardiovascular Endurance
- C) Agility
- D) Speed

2) Which of the following is a component of health-related fitness?

- A) Muscular Strength
- B) Power
- C) Balance
- D) Speed

3) Health is?

- A) a good state of physical health and social wellbeing
- B) a state of good positive mental health
- C) a state of complete mental, physical and social wellbeing
- D) a state absent of disease and infection

4) Which component of skill-related fitness means ‘the ability to change direction quickly’?

- A) Agility
- B) Reaction Time
- C) Speed
- D) Co-ordination

5) Which component of health related fitness means “the range of movement possible at a joint”?

- A) Cardiovascular Fitness
- B) Body Composition
- C) Muscular Endurance
- D) Flexibility

6) Which two performers below would need high levels of cardiovascular fitness?

- A) 100m Sprinter
- B) Marathon Runner
- C) Cyclist
- D) Goalkeeper in Football

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7) Reaction time is important for which activity listed below?

- A) 100m Sprint
- B) Shot Putt
- C) Long Jump
- D) Marathon Runner

For questions 8, 9, 10, 11 and 12 read the two statements and decide whether A, B, C or D is correct.

8)

<b>STATEMENT 1</b>	<b>STATEMENT 2</b>
A marathon runner needs to have good agility.	A marathon runner needs to have high levels of co-ordination.

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

9)

<b>STATEMENT 1</b>	<b>STATEMENT 2</b>
Speed is important for power.	Strength is important for power.

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

10)

<b>STATEMENT 1</b>	<b>STATEMENT 2</b>
Badminton players need to have good reactions.	Badminton players need to have good co-ordination

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

11)

<b>STATEMENT 1</b>	<b>STATEMENT 2</b>
Exercise helps maintain / improve our health	Performance is how fit you need to be for a sport

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

12)

<b>STATEMENT 1</b>	<b>STATEMENT 2</b>
Body composition depends on the amount of water you have in your body	Body composition depends on how much fat and muscle a person has

- A) Statement 1 is true, statement 2 is false
- B) Both statements are true
- C) Statement 1 is false, statement 2 is true
- D) Both statements are false

5 Marks

13) Name three components of skill related fitness which are important in Badminton and explain why?

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(6)

14) Name two components of health related fitness which are important in tennis and explain why?

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(4)

15) Name 2 components of fitness that are needed by both a sprinter and a football player, giving specific examples for each?

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(6)

16) Name the two most important components of health related fitness for the sports shown and explain why that component is needed?



<b>Component 1</b>		
<b>Explanation</b>		
<b>Component 2</b>		
<b>Explanation</b>		

**8 Marks**

17) Name the two most important components of skill related fitness for the sports shown and explain why that component is needed?



<b>Component 1</b>		
<b>Explanation</b>		
<b>Component 2</b>		
<b>Explanation</b>		

**8 Marks**





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(6)

**TOTAL:**     /   **63**