**7th Grade Physical Education Assessment**

S3.M18

1. Name **one** type of movement class that is known to reduce stress and work on deep breathing. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S3.M11

1. What is the **“Overload Principle”**?
2. Increasing the frequency, intensity, time and type of activity over a period of time.
3. Decreasing the frequency, intensity, time and type of activity over a period of time.
4. Maintain your current physical activity.

S3.M13

1. If someone is feeling like an **8** on the **“Rate of Perceived Exertion”** chart, they probably are at what level of intensity?
2. Two
3. Three
4. Five

S3.M14

1. What are **three** muscles in your leg?
2. Bicep, triceps, and deltoids
3. Pectorals, trapezoid, and gluteus maximus
4. Hamstring, quadriceps, and gastrocnemius

S3.M15

1. When trying to put on muscle mass, your training program should consist of **mostly** what health – related fitness component?
2. Flexibility
3. Cardio-respiratory Endurance
4. Muscular Strength

S3.M14

1. What is the **opposite** of a muscle contraction movement?
2. Eccentric movement
3. Concentric movement
4. Affective movement
5. When trying to maintain a healthy weight, what are the **two main factors** to consider?

S3.M10

1. Exercise and sleep
2. Exercise and nutrition
3. Exercise and water

S3.M3

1. What type of training is used for muscular strength and endurance?
2. Treadmill or jogging outside
3. Yoga or Tai Chi
4. Weights or resistance bands

S3.M13

1. True or false, when taking your heart rate, you can find your pulse on your carotid pulse and radial pulse?
2. True
3. False

S3.M2

1. Please list 3 benefits of staying physically active throughout a life course.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_