

Ohio Physical Education Assessments

Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

Grade Band: 3-5

Benchmark B

Benchmark B: Understand the principles, components and practices of health-related physical fitness.

Task: The student will demonstrate a basic understanding of health-related fitness principles, concepts, components and practices by completing the following questions from the test bank. The questions from the test bank do **not** have to be administered during one test; they can be administered throughout the course of the 3-5 grade band.

Level	Criteria
Advanced	The student demonstrates an advanced understanding of the principles, concepts, components and practices of health-related fitness (90 percent of questions answered correctly).
Proficient	The student demonstrates a proficient understanding of the principles, concepts, components and practices of health-related fitness (60-89 percent of the questions answered correctly).
Limited	The student demonstrates a limited understanding of the principles, concepts, components and practices of health-related fitness (less than 60 percent of the questions answered correctly).

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Test Bank

Name: _____ Class: _____ Date: _____

Match the appropriate component of health-related fitness to the description of the component.

- a. Flexibility
- b. Muscular endurance
- c. Muscular strength
- d. Body composition
- e. Cardio-respiratory fitness

1. _____ The ability of the heart and lungs to supply oxygen to the working muscles for an extended period of time.
2. _____ A measure of the greatest force that can be produced by a muscle or group of muscles.
3. _____ The ability of a joint to move freely in every direction or, more specifically, through a full and normal range of motion.
4. _____ The ability to contract a muscle or group of muscles repeatedly without incurring fatigue.
5. _____ The percentage of lean body mass to fat mass.

Write one exercise you like to do to improve each component of fitness.

1. Cardio-respiratory	
2. Flexibility	
3. Muscular strength	
4. Muscular endurance	

Match the appropriate principle of health-related fitness to the description of the principle.

- a. Frequency
 - b. Intensity
 - c. Type
 - d. Time
6. _____ How often a person exercises. The number of times a person engages in physical activity that is moderate to vigorous in nature.
7. _____ How hard a person exercises. The speed or workload used in a given exercise period.
8. _____ How long a person exercises. The number of minutes of physical activity.
9. _____ The kind of exercise that is done. Exercise that is specific to the system that is being worked or stressed during activity.

Multiple Choice: Choose the appropriate answer given the description.

10. _____ Which of the following is an assessment of cardio-respiratory endurance?
- a. Push-ups
 - b. Mile run
 - c. Curl-ups
 - d. 100-meter dash
 - e. All of the above
11. _____ Which of the following is an assessment of flexibility?
- a. Push-ups
 - b. Mile run
 - c. Sit and reach
 - d. Trunk lift
 - e. All of the above
12. _____ Which of the following is an assessment of muscular strength and endurance?
- a. Push-ups
 - b. Curl-ups
 - c. Sit and reach
 - d. A and B
 - e. All of the above

13. _____ Which of the following is an assessment of body composition?
- a. Push-ups
 - b. Curl-ups
 - c. Mile run
 - d. BMI
 - e. All of the above.
14. _____ Each exercise session should include:
- a. Warm-up activities
 - b. Aerobic activities
 - c. Muscular strength and endurance activities
 - d. Cool down activities
 - e. All of the above
15. _____ When determining the level of intensity of an exercise, the best indicator would be:
- a. Sweat
 - b. Heart rate
 - c. Soreness
 - d. None of the above
 - e. All of the above
16. _____ While participating in moderate to vigorous activities, what should increase?
- a. Heart rate
 - b. Time
 - c. Strength
 - d. Flexibility
 - e. All of the above

Level	
Advanced	Students who miss two or less on the above test.
Proficient	Students who miss three to five on the above test.
Limited	Students who miss more than five on the above test.