

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Components of Fitness Quiz

1. The T Test and Illinois test are forms of which component?  
A. Dynamic balance
2. Which component do you need to run and catch at the same time?  
B. Dynamic balance
3. Which component would a gymnast need to perform the splits?  
C. Agility
4. Which component involves working hard over a long period of time?  
D. Muscular endurance
5. An exercise to develop abdominal muscular endurance would be?  
E. A vertical jump
6. A test that could indicate ones muscular power is?  
F. Speed
7. A 20m sprint would test which component?  
G. Static balance
8. The body remains stable while moving  
H. Coordination
9. Body remains stable while not moving  
I. Sit up
10. A walking lunge and walk are examples of which component?  
J. Flexibility