

AEA Exam

Questions and Answers (Verified Answers)

1. What are the primary components of fitness?

ANS 1. Cardio-respiratory En- durance

2. Muscular Strength

3. Muscular Endurance

4. Flexibility

5. Body Composition

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2. Defined as the capacity of the cardiovascular and respiratory systems to deliver oxygen

ANS Cardio-Respiratory Endurance

3. Defined as the maximum force that can be exerted by a muscle or muscle group against resistance

ANS Muscular Strength

4. Defined as the capacity of a muscle to exert force repeatedly or to hold a fixed or static contraction over time **ANS** Muscular Endurance

5. Flexibility

ANS Defined as the ability of limbs to move at the joints through a complete range of motion

6. Defined as the body's related percentage of fat as compared to lean tissue-

ANS Body Composition

7. What are the Skill-Related Components of Fitness

- ANS**
1. Balance
 2. Coordination
 3. Speed
 4. Power
 5. Agility
 6. Reaction Time

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8. The maintenance of equilibrium while stationary

ANS Balance

9. The integration of many separate motor skills or movements into one efficient movement pattern

ANS Coordination

10. The rate at which a movement or activity can be performed **ANS** Speed

11. A function of strength and speed; the ability to transfer energy into force at a quick rate

ANS Power

12. The ability to rapidly and fluently change body positioning during movement

ANS Agility

13. The amount of time elapsed between stimulation and acting on the stimulus

ANS Reaction Time

14. Bouncing, tugging, or overstretching the muscle

ANS Ballistic Stretching

15. Involves stretching to the point of mild discomfort and holding the elongated position (15-60 seconds)

ANS Static Stretching