

✿ STUDY GUIDE FOR FITNESS AND NUTRITION QUIZ ✿

Muscular Strength, Muscular Endurance, Flexibility, and Nutrition Unit Quiz

1. Please define muscular strength.

Muscular Strength is high weight, low repetition.

2. Please define muscular endurance.

Muscular Endurance is high repetition, low weight.

3. Please fill in the blanks for the definition of flexibility:

Flexibility is the ability to           bend          ,           stretch          , and           twist           the body with           ease           through a full           range           of           motion          .

4. How long should you hold a stretch? Circle the correct answer.

- a. 10 seconds
- b. 15 seconds to 20 seconds
- c. 1 minute
- d. 15 seconds to 60 seconds

5. One teaspoon of sugar is equal to           4           grams of sugar.

6. What is the recommended amount of sugar you should have a day?

6-9 teaspoons or 24 to 36 grams