# Quiz – Fitness Components

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

Class: \_\_\_\_\_\_\_

Please circle the most appropriate answer.

1. Marathon running is an example of **cardiovascular endurance** or **muscular strength**?
2. Gymnastics is an example of **cardiovascular endurance** or **flexibility**?
3. Body composition is the percentage of **fat/muscle/water** in your body or the percentage of **fat/muscle/bone** in your body?
4. Power lifting is an example of **muscular strength** or **muscular endurance**?
5. Participating in a basketball tournament is an example of **muscular endurance** or **flexibility?**