

**ACADEMIC LANGUAGE QUIZ**

**1**

**Deliberate actions that consider the well-being of the individual, group, and physical environment.**

- a. Rules
- b. Conformity
- c. Safe Behaviors
- d. On-Task Actions

**2**

**The ability to bend and move the joints through the full range of motion.**

- a. Dynamic Stretching
- b. Flexibility
- c. Muscular Endurance
- d. Static Stretching

**3**

**A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.**

- a. Performance HITT
- b. Gym Etiquette
- c. Overall Fitness
- d. Exercise Form

**4**

**The process of working together for a common goal or outcome.**

- a. Team
- b. Cooperation
- c. Communication
- d. Leadership

**5**

**An individual's psychological and emotional well-being.**

- a. Mental Health
- b. Good Health
- c. Wellness
- d. Stress Management

**6**

**The ability of a muscle to continue to perform without fatigue.**

- a. Muscular Power
- b. Muscular Tone
- c. Muscular Strength
- d. Muscular Endurance

**7**

**The maximum amount of force a muscle can produce in a single effort.**

- a. Muscular Fitness
- b. Muscular Tone
- c. Muscular Strength
- d. Muscular Endurance

**8**

**Any physical movement that uses the body's energy.**

- a. Physical Activity
- b. Physical Education
- c. Aerobics
- d. Exercise