

ACADEMIC LANGUAGE QUIZ

A proposed strategy or course of action to achieve a specific goal.

1

- a. Action Plan
- b. SMART Goal
- c. Journal Page
- d. Race Course

2

Something that presents difficulty and requires effort to master or achieve.

- a. Fixed Mindset
- b. Challenge
- c. Obstacle
- d. Trap

A series of moderate exercises, done after intense activity, which allows the body to gradually return to a resting or near-resting state.

3

- a. Warm-Up
- b. Heart Health Zone
- c. Cool-Down
- d. Max Performance

4

Wearable technology that measures real-time heart beats per minute.

- a. Smart Watch
- b. Activity Tracker
- c. Heart Rate Monitor
- d. Heart Rate Zone

An evaluation of the state, quality, or ability of a person or thing.

5

- a. Class Target
- b. Journal Page
- c. Pop Quiz
- d. Assessment

6

Often measured as 4 times around a standard outdoor track and equal to approximately 1 mile.

- a. 400M
- b. 800M
- c. 1200M
- d. 1600M

The effective use of people skills to organize and motivate others to work cooperatively toward a common goal.

7

- a. Social Responsibility
- b. Leadership
- c. Etiquette
- d. Encouragement

8

An automatic reaction of the body / body systems in response to an event or stimulus.

- a. Physiological Response
- b. Heart Rate
- c. Stress Response
- d. Respiration Rate