

Health and Fitness Test

Name the 4 components of General Fitness

- S.....
- S.....
- S.....
- F.....

Name the 6 components of Specific Fitness

- P.....
- A.....
- B.....
- C.....
- S..... of R.....
- T.....

Name the 3 Aerobic fitness Tests

- H..... S..... Test
- The C..... 12 M..... Run
- The M..... S..... F..... Test

Name the 3 Somatotypes and give a description of body shape

- E..... -
- E..... -
- M..... -

Name the 6 Components of a Balanced Diet and a food that each can be found in

- C..... -
- F..... -
- P..... -
- V..... and M..... - -
- W..... -
- F..... -