

## Bubble Rubble Quiz 2 Categories

### Directions

Circle the correct answer for each question below to fill in the blank.

1. “Aerobic” means with oxygen / without oxygen / with resistance.
2. Strength activities are also called muscle / anaerobic / steady-pulse activities.
3. Sedentary activities are also known as physical activities / inactive / non-anaerobic.
4. Sedentary activities require a little / lots of energy to complete.
5. Aerobic activities require some / lots of energy to complete.
6. Strength activities require some / lots of energy to complete.
7. Strength activities work your heart / muscles the most.
8. Aerobic activities cause your heart rate to increase / decrease / stay the same.
9. Sedentary activities cause your heart rate to increase / decrease / stay the same.
10. Strength activities burn more / less calories than aerobic activities.
11. Sedentary activities burn more / less calories than strength activities.
12. Sedentary activities are / are not considered physically active.
13. Strength activities are / are not considered physically active.
14. Strength activities are needed / not needed for balanced fitness.
15. Strength activities are more / less beneficial for your heart than sedentary activities.
16. Aerobic activities are more / less beneficial for your heart than strength activities.
17. Aerobic activities cause your breathing to increase more / less than strength activities.
18. Sedentary activities cause your breathing to increase more / less than strength activities.
19. Aerobic activities cause your pulse and heart rate to increase for a long / short time.
20. Strength activities can cause your pulse and heart rate to increase for a long / short time.

