

Bubble Rubble Quiz 2

Categories – Answer Key

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.

