

Sample Sports & Fitness Test

- 1 A volleyball team consists of ____ players.
 - A. Two
 - B. Four
 - C. Eight
 - D. Six

- 2 Sweat is produced by:
 - A. Glands
 - B. Organs
 - C. Muscles
 - D. Nerves

- 3 Squash is played with a ball and:
 - A. Sticks
 - B. Paddles
 - C. Clubs
 - D. Racquets

- 4 The Fédération Internationale de Football Association governs the sport of:
 - A. Football
 - B. Soccer
 - C. Rugby
 - D. Lacrosse

- 5 “Crampons” are used in this sport.
 - A. Cross country skiing
 - B. Curling
 - C. Ballroom dancing
 - D. Mountaineering

- 6 Enzymes are:
- A. Proteins
 - B. Carbohydrates
 - C. Vitamins
 - D. Lipids
- 7 Most colds are caused by:
- A. Going outside with wet hair
 - B. Not wearing a coat
 - C. Sleeping with the window open
 - D. Viruses
- 8 This is not an Olympic pentathlon event.
- A. Fencing
 - B. Shooting
 - C. Diving
 - D. Swimming
- 9 The sport of snowboarding was developed in the United States in the:
- A. 1700s
 - B. 1890s
 - C. Early 1900s
 - D. 1960s and 1970s
- 10 “Man-to-man” and “zone” are types of _____ in sports.
- A. Defense
 - B. Offense
 - C. Fouls
 - D. Penalties

Thanks for checking out the
Sample Sports & Fitness Test.