

Q.1. How many components do physical fitness have?

- (a) Five.**
- (b) Four**
- (c) Three**
- (d) Six**

Q.2. What is the another name of synchronization?

- (a) Speed**
- (b) Coordination.**
- (c) Strength**
- (d) Endurance**

Q.3. What is the suppleness called in another words.

- (a) Speed**
- (b) Strength**
- (c) Endurance**
- (d) Flexibility.**

Q.4. The percentage of fat, bone, water and muscle in human body is called.

- (a) Muscular endurance**
- (b) Muscular strength**
- (c) Body composition.**
- (d) Flexibility**

Q.5. The ability to overcome resistance for longer duration is called :

- (a) Speed**
- (b) Strength**
- (c) Endurance.**
- (d) Flexibility**

Q.6. The ability of body to execute movements with greater amplitude or range is called:

- (a) Strength**
- (b) Flexibility.**
- (c) Body composition**
- (d) Stamina**

Q.7. The ability to overcome resistance is called:

- (a) Muscular strength.**
- (b) Muscular Endurance**
- (c) Flexibility**
- (d) Body composition**

Q.8. The aim of health related fitness is to prevent.

- (a) Power
- (b) Strength
- (c) Capacity
- (d) Diseases.