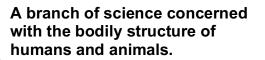




ACADEMIC LANGUAGE QUIZ

ASSESSMENT TOOLS VIRGINIA SOL GRADE TEN





- b. Earth Science
- c. Anatomy
- d. Biomechanics

#### A sport or fitness activity that a person can participate from childhood through adulthood.

- a. Lifetime Activities
- b. Vigorous Activity
- c. High Impact Workouts
- d. HIIT

### A muscle whose contraction moves a part of the body. A prime mover.



- a. Core
- b. Muscle Mover
- c. Antagonist
- d. Agonist

## Detailed examination of the elements or structure of something, typically for discussion.

- a. Assessment
  - b. Analysis
  - c. Testing
  - d. Observation

#### Muscles which help to enable acts of endurance.

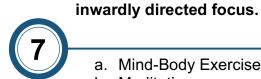


- a. Slow-Twitch
- b. Medium-Twitch
- c. Fast-Twitch
- d. Slow-Fatigue

## A continuum of infinite possibilities for better or worse physical or mental health.

- a. Personal Opinion
- b. Total Fitness
- c. Personal Fitness
- d. Health Literacy

# A disease lasting 3 months or more.



a. Mind-Body Exercise

Physical exercise executed with a

- b. Meditation
- c. Mindfulness
- d. Mental Imagery

- a. Preventable
- b. Addiction
- c. Chronic Pain
- d. Chronic Disease

