

Your Name _____

Teacher _____

Directions:

Match each Fitness Test to its appropriate health-related fitness component.

Put the health components number beside the test that best fits.

Tests:

1. Cardiorespiratory Endurance
2. Muscular Strength and Endurance
3. Flexibility

Health Components:

Back-saver Sit and Reach _____

One-Mile Run _____

Curl Ups _____

Pacer _____

Trunk Lift _____

Push Ups _____

Pull Ups/Flexed Arm Hang _____