

Name _____

Welcome to PER 680 comprehensive exam. Please fully answer each question. Please use the format: 12-point Times Roman and double-Space.

Good luck!

Format double-Spaced and 12-point Times Roman format.

Question 1: What are the six components of health-related physical fitness? Imagine you are a Physical Education teacher for 6th graders in an elementary school, what tests will you choose for each component, and what preparation work will you do to attain the best performances from your students? Please list at least two tests for each of the components, and give a short description of the tests.

Question 2: What are the six components of skill-related physical fitness? Imagine you are a Physical Education teacher for 12th graders in a high school, what tests will you choose for each component, and what preparation work will you do to attain the best performances from your students? Please list at least two tests for each of the components, and give a short description of the tests.