Pre-test

Circle the correct answer for each question

1. What does the heart do?

a) it pumps blood

b) it helps you sleep

c) it warms you up

2. What do the lungs do?

a) they pump blood

b) they take in air from outside our body

c) they help you digest your food

3. What is blood pressure?

a) the speed of blood through the body

b) the weight of blood in the body

c) the force pushing the blood through the body

4. What is heart rate?

a) the number of heart beats per minute

b)the number of breaths per minute

c) miles per hour

5. What is breathing (respiration) rate?

a) the number of heart beats per minute

b) the number of breaths per minute

c) miles per hour

6. After you exercise for five minutes your heart rate should go \_\_\_\_\_\_\_\_\_.

a) up

b) down

c) stay the same.

7. After you exercise for five minutes your breathing (respiration) rate should go \_\_\_\_\_.

a) up

b) down

c) stay the same

8. After you exercise for five minutes your blood pressure should go \_\_\_\_\_.

a) up

b) down

c) stay the same

9. Your heart and lungs work together to deliver oxygen to your cells.

a) True

b) False

10. The mean of a set of numbers is the \_\_\_\_\_\_\_\_\_\_\_\_\_of the numbers.

a) average

b) mode

c) median

11. The mode of a set of numbers is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

a) average

b) number most often seen

c) a number far away from the rest