



ACADEMIC LANGUAGE QUIZ

Comprehensive knowledge or skill in a subject or activity.

1

- a. Improvement
- b. Mastery
- c. Skill Acquisition
- d. Capable

A plan of action or policy designed to achieve a major or overall aim.

2

- a. Formation
- b. Offense
- c. Playbook
- d. Strategy

The capacity of something to last or to withstand.

3

- a. Distance
- b. Endurance
- c. Lethargy
- d. Fatigue

A circumstance or obstacle that prevents progress.

4

- a. Grit
- b. Pathway
- c. Trial
- d. Barrier

A device that allows a person to measure heart rate in real time and/or record it for later study.

5

- a. Heart Rate Monitor
- b. Pedometer
- c. Accelerometer
- d. Pulse Tracker

To publicly recommend or support.

6

- a. Dispute
- b. Debate
- c. Public Speaking
- d. Advocate

As it relates to food, containing an abundant amount of minerals and vitamins.

7

- a. High-Calorie
- b. Nutrient-Dense
- c. Nutrient-Poor
- d. Caloric Intake

A way of measuring physical activity intensity level.

8

- a. Rate of Perceived Exertion
- b. Fatigue
- c. Kilometers
- d. Caloric Burn