

DFFT Practice Test Questions and Answers

1. What does DFFT stand for in fitness testing?

- A) Dynamic Functional Fitness Test
- B) Department of Fire Fitness Training
- C) Digital Fitness and Flexibility Test
- D) Diversified Functional Fitness Test

2. Which component is typically assessed in a functional fitness test?

- A) Cardiovascular endurance
- B) Muscular strength and flexibility
- C) Balance and coordination
- D) All of the above

3. What is the primary goal of functional fitness testing?

- A) Competitive athletic performance
- B) Assessment of daily living activities capability
- C) Weight loss measurement
- D) Bodybuilding competition preparation

4. Which exercise is commonly included in functional fitness assessments?

- A) Squat-to-stand test
- B) Timed up-and-go test
- C) Single-leg balance test
- D) All of the above

Answers: 1-A 2-D 3-B 4-D

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