

Middle School Physical Education Theory

Physical Education · Answer Key · 8 Questions

1. Which component of fitness is best developed by activities such as long-distance running and swimming?

- A) Muscular strength
- B) Cardiovascular endurance**
- C) Flexibility
- D) Body composition

2. In the context of the FITT principle, what does the acronym stand for?

- A) Frequency, Intensity, Time, Type**
- B) Fitness, Impact, Training, Technique
- C) Function, Interval, Tempo, Task
- D) Force, Impulse, Tension, Training

3. Which term refers to the range of motion available at a specific joint?

- A) Agility
- B) Power
- C) Flexibility**
- D) Balance

4. What is the primary function of the skeletal system in relation to physical activity?

- A) Transporting oxygen to muscles
- B) Producing hormones
- C) Providing structural support and protection**
- D) Regulating body temperature

5. Which training method involves alternating periods of high-intensity exercise with periods of lower-intensity recovery?

- A) Static stretching
- B) Interval training**
- C) Isometric contraction
- D) Resistance training

6. What type of muscle contraction occurs when the muscle length changes while producing tension, such as in a bicep curl?

- A) Isometric
- B) Isotonic**
- C) Isokinetic
- D) Involuntary

7. According to the principle of specificity, how should an athlete train to improve in a particular sport?

A) Perform exercises that mimic the movements of that sport

B) Focus only on cardiovascular health

C) Increase caloric intake significantly

D) Avoid all resistance training

8. Which mineral is most essential for the maintenance and strengthening of bone density?

A) Iron

B) Calcium

C) Sodium

D) Potassium