

Middle School Physical Education Theory

Physical Education · Practice Test · 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