

Middle School Physical Education Fundamentals

Physical Education Theory · Answer Key · 18 Questions

1. Which component of fitness refers to the ability of the heart and lungs to supply oxygen to the body during sustained exercise?

A) Muscular strength

B) Cardiorespiratory endurance

C) Flexibility

D) Body composition

2. What is the primary function of a warm-up before physical activity?

A) To increase body temperature and prepare muscles

B) To lower the heart rate to resting levels

C) To finish the training session

D) To improve long-term muscle mass

3. Which type of exercise uses oxygen to help meet energy demands over a long period?

A) Anaerobic

B) Isometric

C) Aerobic

D) Isokinetic

4. What is the 'F' in the FITT principle of exercise prescription?

A) Fitness

B) Form

C) Frequency

D) Force

5. Which of the following is considered a skill-related component of physical fitness?

A) Agility

B) Muscular endurance

C) Flexibility

D) Body composition

6. How many seconds is the recommended minimum duration for holding a static stretch to effectively improve flexibility?

A) 1-2 seconds

B) 5-10 seconds

C) 15-30 seconds

D) 60-90 seconds

7. What is the main purpose of the cooling down phase after vigorous exercise?

- A) To increase heart rate
- B) To prevent muscle soreness and aid recovery**
- C) To build muscle strength
- D) To test maximum endurance

8. Which nutrient is the body's primary source of energy during high-intensity physical activity?

- A) Carbohydrates**
- B) Vitamins
- C) Minerals
- D) Water

9. Which of the following activities is best for developing muscular strength?

- A) Yoga
- B) Resistance training with weights**
- C) Stretching
- D) Long-distance walking

10. What does BMI stand for in the context of health assessment?

- A) Body Muscle Index
- B) Basic Metabolic Intake
- C) Body Mass Index**
- D) Balanced Movement Integration

11. Which of these is an example of an anaerobic activity?

- A) Marathon running
- B) A 100-meter sprint**
- C) Low-intensity swimming
- D) Hiking

12. What is the primary role of hydration during physical activity?

- A) To increase muscle mass
- B) To regulate body temperature**
- C) To improve coordination
- D) To provide immediate sugar spikes

13. Which term describes the range of motion available at a joint?

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

14. What is the standard measurement unit used for energy in food?

A) Kilojoules

B) Milliliters

C) Grams

D) Kilograms

15. Which organ is primarily responsible for pumping blood throughout the body during exercise?

A) Lungs

B) Liver

C) Heart

D) Kidneys

16. What is the definition of 'muscular endurance'?

A) The ability to exert maximum force in one effort

B) The ability of a muscle to repeat contractions over time

C) The speed at which a muscle moves

D) The size of a specific muscle group

17. Which test is commonly used to measure cardiorespiratory fitness in schools?

A) Sit-and-reach test

B) Beep test (Multi-stage fitness test)

C) Push-up test

D) Vertical jump test

18. What is 'agility' in a sports context?

A) The ability to change direction quickly and accurately

B) The ability to maintain a stable position

C) The ability to move limbs through a range of motion

D) The ability to react to a sound