

Middle School Physical Education Fundamentals

Physical Education Theory · Practice Test · 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