

Elementary Physical Education Theory

Physical Education · Practice Test · 12 Questions

1. Which of the following is defined as the 'ability of the heart and lungs to supply oxygen to the working muscles during sustained physical activity'?

- A) Muscular strength
- B) Aerobic capacity
- C) Anaerobic power
- D) Flexibility

2. In the context of fundamental movement skills, which of the following is classified as a 'stability' skill?

- A) Catching
- B) Leaping
- C) Balancing
- D) Striking

3. What is the primary physiological function of the 'Cool Down' phase at the end of an exercise session?

- A) To increase heart rate for fat burning
- B) To return the heart rate and blood pressure to resting levels
- C) To maximize muscle fiber hypertrophy
- D) To increase body core temperature

4. Which plane of movement divides the body into front (anterior) and back (posterior) halves?

- A) Sagittal plane
- B) Transverse plane
- C) Frontal plane
- D) Horizontal plane

5. Which type of muscle contraction occurs when a muscle lengthens while under tension, such as lowering a weight slowly?

- A) Isometric
- B) Concentric
- C) Isokinetic
- D) Eccentric

6. What is the scientific term for the range of motion available at a specific joint?

- A) Agility
- B) Flexibility
- C) Coordination
- D) Power

7. Which principle of training states that performance improvements occur only when the body is subjected to a workload greater than it is accustomed to?

- A) Principle of Overload
- B) Principle of Specificity
- C) Principle of Reversibility
- D) Principle of Variety

8. In biomechanics, what does the term 'center of mass' refer to?

- A) The point where the body's mass is equally distributed in all directions
- B) The muscles responsible for core stability
- C) The speed at which an object rotates
- D) The distance between the feet during a jump

9. Which nutrient is the primary fuel source for high-intensity physical activity involving the anaerobic energy system?

- A) Protein
- B) Fiber
- C) Glycogen
- D) Lipids

10. According to standard physical activity guidelines, which component of fitness is improved primarily through resistance training?

- A) Cardiorespiratory endurance
- B) Muscular strength
- C) Reaction time
- D) Coordination

11. What is 'locomotor' movement defined as in physical education theory?

- A) Movement that occurs while remaining stationary
- B) Movement that travels from one point to another in space
- C) The ability to manipulate an object
- D) The psychological aspect of team sport

12. Which energy system provides the quickest supply of ATP for short, explosive movements lasting less than 10 seconds?

- A) ATP-CP system
- B) Aerobic system
- C) Lactic acid system
- D) Oxidative system