

Advanced Physical Education Concepts

Physical Education · Practice Test · 8 Questions

1. Which heart chamber is responsible for pumping oxygenated blood out to the rest of the body?

- A) Right atrium
- B) Left atrium
- C) Right ventricle
- D) Left ventricle

2. What is the medical term for the tough, fibrous connective tissue that attaches a muscle to a bone?

- A) Ligament
- B) Tendon
- C) Cartilage
- D) Fascia

3. Which major nutrient provides the primary source of energy for muscles during high-intensity aerobic exercise?

- A) Protein
- B) Fiber
- C) Carbohydrate
- D) Vitamin C

4. In which Olympic sport is the 'Fosbury Flop' a standard technique for clearing the bar?

- A) Pole vault
- B) High jump
- C) Long jump
- D) Hurdles

5. Which of these physiological changes occurs in the body during a 'warm-up' to prevent injury?

- A) Decreased joint lubrication
- B) Decreased blood flow to muscles
- C) Increased muscle temperature
- D) Increased resting heart rate

6. What is the primary function of the alveoli in the human respiratory system?

- A) To produce carbon dioxide
- B) To filter dust from air
- C) To store inhaled oxygen
- D) To exchange oxygen and carbon dioxide

7. Which body plane divides the human body into left and right sides?

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

8. What does the F.I.T.T. principle stand for in the context of designing a safe exercise program?

- A) Fitness, Intensity, Time, Type
- B) Frequency, Intensity, Time, Type
- C) Flexibility, Interval, Training, Technique
- D) Function, Impact, Tension, Training