

History and Standards of Physical Education

Physical Education · Practice Test · 18 Questions

1. In what year were the first modern Olympic Games held in Athens, Greece?

- A) 1892
- B) 1896
- C) 1900
- D) 1904

2. The 'Cooper Test', a popular physical fitness assessment, requires participants to run for how many minutes to measure aerobic capacity?

- A) 8 minutes
- B) 10 minutes
- C) 12 minutes
- D) 15 minutes

3. Which educator is often credited with introducing the German system of gymnastics to the United States in the early 19th century?

- A) Charles Beck
- B) John Dewey
- C) Horace Mann
- D) Catherine Beecher

4. The Presidential Physical Fitness Award in the United States was established by an executive order from which president in 1966?

- A) John F. Kennedy
- B) Lyndon B. Johnson
- C) Richard Nixon
- D) Dwight D. Eisenhower

5. According to the FITT principle in physical education, what does the 'I' stand for?

- A) Intensity
- B) Interval
- C) Involvement
- D) Instruction

6. Dr. Kenneth Cooper's 1968 book, which popularized the term 'aerobics', was originally written for which organization?

- A) The International Olympic Committee
- B) The U.S. Air Force
- C) The American Heart Association
- D) The World Health Organization

7. How many players are on the court for each team during a standard regulation game of basketball?

- A) 4
- B) 5
- C) 6
- D) 7

8. The first formal school of physical education in the United States, the 'Normal Institute for Physical Education', was opened in what year?

- A) 1851
- B) 1861
- C) 1871
- D) 1881

9. In swimming, a standard Olympic-sized pool is how many meters in length?

- A) 25m
- B) 40m
- C) 50m
- D) 100m

10. The 'Balke-Ware' treadmill protocol is primarily used to measure which physiological parameter?

- A) Blood pressure
- B) Body fat percentage
- C) Maximum oxygen consumption (VO2 max)
- D) Lung vital capacity

11. Which ancient Greek figure is often cited as a pioneer in emphasizing the balance between physical exercise and intellectual development?

- A) Aristotle
- B) Plato
- C) Socrates
- D) Archimedes

12. What is the standard length of a marathon race in kilometers?

- A) 38.2 km
- B) 40.0 km
- C) 42.195 km
- D) 45.5 km

13. In 1972, the passage of Title IX in the United States had a major impact on physical education by mandating what?

- A) Daily PE classes
- B) Gender equity in school sports programs
- C) Standardized grading for athletes
- D) The inclusion of swimming in PE

14. How many bones are in the adult human skeleton, a foundational fact in physical education anatomy?

- A) 186
- B) 206
- C) 226
- D) 256

15. The 'sit-and-reach' test is a common physical education metric designed to evaluate which component of fitness?

- A) Muscular endurance
- B) Cardiovascular capacity
- C) Flexibility
- D) Agility

16. The International Council of Sport Science and Physical Education (ICSSPE) was established in what year?

- A) 1948
- B) 1958
- C) 1968
- D) 1978

17. The 'Harvard Step Test' is used to measure cardiovascular fitness and requires the participant to step up and down at a rate of how many steps per minute?

- A) 20
- B) 30
- C) 40
- D) 50

18. In the context of physical education muscle anatomy, what is the primary function of the quadriceps femoris?

- A) Flexion of the knee
- B) Extension of the knee
- C) Abduction of the hip
- D) Rotation of the ankle