

Physical Education Basics

Physical Education Theory · Answer Key · 8 Questions

1. Which of the following is considered a primary benefit of regular physical activity?

- A) Reduced risk of chronic diseases
- B) Improved academic performance
- C) Better sleep quality
- D) All of the above**

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

- A) To increase body temperature and blood flow**
- B) To build maximum muscle mass
- C) To decrease the heart rate
- D) To stop sweating

3. Which heart rate measurement is taken when the body is at complete rest?

- A) Maximum heart rate
- B) Resting heart rate**
- C) Target heart rate
- D) Recovery heart rate

4. Which component of fitness relates to the ability of the heart and lungs to supply oxygen during sustained exercise?

- A) Muscular strength
- B) Cardiovascular endurance**
- C) Flexibility
- D) Body composition

5. What is the recommended daily intake of water for an active person?

- A) Only when thirsty
- B) None
- C) Sufficient amounts to stay hydrated**
- D) Only during meals

6. Which exercise is primarily used to improve muscular strength?

- A) Stretching
- B) Resistance training**
- C) Long-distance walking
- D) Meditation

7. What is the main goal of performing a cool-down after intense exercise?

A) To rapidly increase body temperature

B) To help the body return to a resting state

C) To build new muscle fibers

D) To increase heart rate

8. Which type of physical activity is best for improving flexibility?

A) Weight lifting

B) Stretching

C) Sprinting

D) Swimming