

Physical Education Basics

Physical Education Theory · Practice Test · 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