

Fundamentals of Human Health and Physical Education

Physical Education Theory · Practice Test · 12 Questions

1. Which organ is primarily responsible for pumping blood throughout the human body?

- A) Lungs
- B) Heart
- C) Liver
- D) Stomach

2. What is the main function of the skeletal system?

- A) To digest food
- B) To filter blood
- C) To provide structure and support
- D) To pump oxygen

3. How many chambers are in the human heart?

- A) Two
- B) Three
- C) Four
- D) Five

4. Which mineral is most essential for maintaining healthy and strong bones?

- A) Calcium
- B) Iron
- C) Zinc
- D) Potassium

5. What is the primary purpose of sweat during physical activity?

- A) To store energy
- B) To regulate body temperature
- C) To build muscle
- D) To increase heart rate

6. Which type of muscle is found in the walls of the heart?

- A) Skeletal muscle
- B) Smooth muscle
- C) Cardiac muscle
- D) Striated muscle

7. What nutrient is the body's primary source of energy?

- A) Protein
- B) Fats
- C) Carbohydrates
- D) Vitamins

8. Which part of the body connects muscles to bones?

- A) Ligaments
- B) Tendons
- C) Joints
- D) Cartilage

9. What is the normal resting heart rate for an average adult?

- A) 20-40 bpm
- B) 60-100 bpm
- C) 120-150 bpm
- D) 200-220 bpm

10. Which organ is responsible for breathing and gas exchange?

- A) Kidneys
- B) Lungs
- C) Brain
- D) Small intestine

11. What term describes the ability of the heart and lungs to supply oxygen during sustained exercise?

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

12. Which blood vessels carry oxygenated blood away from the heart?

- A) Veins
- B) Capillaries
- C) Arteries
- D) Nerves