

Physical Education Basics

Physical Education · Answer Key · 20 Questions

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

- A) Lungs
- B) Stomach
- C) Heart**
- D) Brain

2. What is the primary benefit of regular physical exercise for the heart?

- A) Decreased bone density
- B) Improved cardiovascular health**
- C) Increased appetite
- D) Faster hair growth

3. Which of these activities is considered an aerobic exercise?

- A) Weightlifting
- B) Running**
- C) Stretching
- D) Yoga

4. How many minutes of moderate physical activity are generally recommended for children daily?

- A) 10 minutes
- B) 30 minutes
- C) 60 minutes**
- D) 5 hours

5. Which nutrient is essential for muscle repair and growth after exercise?

- A) Sugar
- B) Protein**
- C) Fiber
- D) Fat

6. What is the main purpose of a 'warm-up' before exercising?

- A) To get tired quickly
- B) To prepare muscles and prevent injury**
- C) To practice winning
- D) To check your watch

7. Which mineral is most important for maintaining strong bones?

A) Calcium

B) Iron

C) Sodium

D) Zinc

8. What is the best way to stay hydrated during physical activity?

A) Drinking soda

B) Drinking juice

C) Drinking water

D) Drinking coffee

9. Which sport is played on a court with a hoop and a ball?

A) Soccer

B) Tennis

C) Basketball

D) Baseball

10. What does 'flexibility' refer to in physical fitness?

A) How fast you run

B) How much weight you lift

C) The range of motion of your joints

D) How long you can hold your breath

11. Which activity is primarily used to measure cardiovascular endurance?

A) Bicep curls

B) The beep test

C) Shot put

D) High jump

12. In which sport is the term 'goal' used to score points?

A) Soccer

B) Tennis

C) Golf

D) Swimming

13. What is the main goal of cooling down after a workout?

A) To increase heart rate

B) To help the body recover gradually

C) To finish the class early

D) To gain muscle mass

14. Which piece of equipment is used to protect the head in cycling?

- A) Gloves
- B) Knee pads
- C) Helmet**
- D) Sunglasses

15. What is the definition of 'stationary' in physical education?

- A) Moving fast
- B) Not moving in place**
- C) Jumping high
- D) Running in a circle

16. Which of these is a common 'ball game' played with a racket?

- A) Basketball
- B) Tennis**
- C) Rugby
- D) Volleyball

17. What is the primary function of the lungs during exercise?

- A) Digesting food
- B) Pumping blood
- C) Taking in oxygen**
- D) Storing energy

18. Which physical attribute refers to the ability to exert force against resistance?

- A) Strength**
- B) Agility
- C) Balance
- D) Speed

19. What is the purpose of wearing appropriate sports shoes?

- A) To look stylish
- B) To provide support and prevent injury**
- C) To make you taller
- D) To keep feet warm

20. Which sport involves swimming, cycling, and running?

- A) Decathlon
- B) Triathlon**
- C) Pentathlon
- D) Marathon