

Physical Education Basics

Physical Education · Practice Test · 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