

Physical Education Foundations: History and Firsts

Physical Education Theory · Practice Test · 20 Questions

1. Who is credited with inventing the game of basketball in 1891?

- A) James Naismith
- B) Amos Alonzo Stagg
- C) William G. Morgan
- D) Luther Gulick

2. Which sport did William G. Morgan invent in 1895 while working at the YMCA?

- A) Basketball
- B) Volleyball
- C) Tennis
- D) Badminton

3. In which city were the first modern Olympic Games held in 1896?

- A) Paris
- B) London
- C) Athens
- D) Rome

4. What type of exercise equipment did Gustav Zander invent in the late 19th century to provide resistance training?

- A) Dumbbells
- B) Exercise machines
- C) Treadmills
- D) Elastic bands

5. Who founded the 'Turnverein' movement, which emphasized gymnastics for physical education in Germany?

- A) Friedrich Ludwig Jahn
- B) Per Henrik Ling
- C) Thomas Arnold
- D) Catherine Beecher

6. The first standardized physical education program in the United States was introduced at which institution?

- A) Harvard University
- B) Round Hill School
- C) West Point
- D) Yale University

7. Who developed the 'Swedish System' of gymnastics in the early 19th century?

- A) Per Henrik Ling
- B) Johann GutsMuths
- C) Franz Nachteggall
- D) Herbert Spencer

8. What was the first major international sporting event to use a standardized set of written rules for all competitors?

- A) The FIFA World Cup
- B) The modern Olympic Games
- C) The first Wimbledon tournament
- D) The Tour de France

9. Which invention allowed for the measuring of heart rate during exercise for the first time in consumer history?

- A) The pedometer
- B) The heart rate monitor
- C) The scale
- D) The stopwatch

10. What is the name of the ancient Greek school where physical training was combined with intellectual study?

- A) Gymnasium
- B) Lyceum
- C) Academy
- D) Forum

11. Which individual is often called the 'Father of Physical Education' in the United States for his early advocacy?

- A) Edward Hitchcock
- B) Dudley Sargent
- C) Catharine Beecher
- D) William Anderson

12. The 'Pedometer' was invented by which famous historical figure to measure distance traveled?

- A) Leonardo da Vinci
- B) Isaac Newton
- C) Benjamin Franklin
- D) Thomas Jefferson

13. Which sport was the first to be included in the modern Olympic Games for women in 1900?

- A) Golf
- B) Tennis
- C) Swimming
- D) Archery

14. What was the original purpose of the 'calisthenics' movement popularized in schools in the 1800s?

- A) To build muscle mass
- B) To improve posture and health
- C) To train for war
- D) To play competitive sports

15. Who introduced the first formalized physical education training for women in the United States at the Hartford Female Seminary?

- A) Catharine Beecher
- B) Dio Lewis
- C) Edward Hitchcock
- D) Delphine Hanna

16. The 'Stopwatch' was first used in sports timekeeping to measure the results of what activity?

- A) Horse racing
- B) Sprinting
- C) Swimming
- D) Cycling

17. In the 1860s, who invented the 'bean bag' as a piece of safe, indoor physical education equipment?

- A) Dio Lewis
- B) Edward Hitchcock
- C) Per Henrik Ling
- D) Friedrich Jahn

18. What is considered the first professional sport to have a formal league established in the United States?

- A) Baseball
- B) Football
- C) Basketball
- D) Ice Hockey

19. Which nineteenth-century system of exercise focused on 'light gymnastics' with wands, rings, and bean bags?

- A) The New Gymnastics
- B) The Swedish System
- C) The German Turnverein
- D) The Danish System

20. The first official 'Physical Education' department in a US college was established at which university in 1861?

- A) Amherst College
- B) Harvard University
- C) Princeton University
- D) Brown University