

Physical Education Knowledge

Physical Education · Practice Test · 20 Questions

1. Which heart chamber is responsible for pumping oxygenated blood to the rest of the body?

- A) Right atrium
- B) Left atrium
- C) Right ventricle
- D) Left ventricle

2. In athletics, what is the standard length of a full-sized Olympic running track?

- A) 200 metres
- B) 400 metres
- C) 600 metres
- D) 800 metres

3. Which nutrient is the primary source of energy for high-intensity physical activity?

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

4. What is the maximum number of players per side allowed on a basketball court during a standard game?

- A) 4
- B) 5
- C) 6
- D) 7

5. Which of the following is considered a component of 'health-related' physical fitness?

- A) Agility
- B) Reaction time
- C) Muscular endurance
- D) Coordination

6. What is the primary function of ligaments in the human body?

- A) Connect muscle to bone
- B) Connect bone to bone
- C) Produce red blood cells
- D) Store calcium

7. Which swimming stroke is traditionally considered the fastest in competition?

- A) Breaststroke
- B) Backstroke
- C) Butterfly
- D) Freestyle

8. How many minutes is a standard professional football (soccer) match, excluding stoppage time?

- A) 45 minutes
- B) 60 minutes
- C) 90 minutes
- D) 100 minutes

9. Which plane of movement divides the body into left and right sides?

- A) Sagittal
- B) Frontal
- C) Transverse
- D) Horizontal

10. What does the acronym 'FITT' stand for in exercise prescription?

- A) Frequency, Intensity, Time, Type
- B) Fitness, Intervals, Training, Technique
- C) Flexibility, Intensity, Tension, Total
- D) Form, Impact, Tempo, Target

11. Which game uses a shuttlecock as the primary piece of equipment?

- A) Tennis
- B) Squash
- C) Badminton
- D) Table Tennis

12. In tennis, what is the term for a score of zero?

- A) Nil
- B) Love
- C) Null
- D) Duck

13. What is the main physiological purpose of a cool-down period after exercise?

- A) To build muscle mass
- B) To prevent immediate muscle soreness
- C) To return the heart rate gradually to resting levels
- D) To increase peak power output

14. Which muscle group is primarily targeted by performing a squat exercise?

- A) Biceps
- B) Deltoids
- C) Quadriceps
- D) Triceps

15. How many players are on a volleyball team on the court at one time?

- A) 5
- B) 6
- C) 7
- D) 9

16. Which organ is primarily responsible for the filtration of waste from the blood?

- A) Liver
- B) Kidneys
- C) Spleen
- D) Pancreas

17. What is the standard weight of a men's professional cricket ball?

- A) 100-110g
- B) 155-163g
- C) 200-210g
- D) 250-260g

18. What is the term for the amount of air inhaled or exhaled during a normal breath?

- A) Vital capacity
- B) Tidal volume
- C) Residual volume
- D) Inspiratory reserve

19. Which of these is a skill-related component of fitness?

- A) Body composition
- B) Flexibility
- C) Power
- D) Cardiovascular endurance

20. In rugby union, how many points is a successful conversion worth?

- A) 1
- B) 2
- C) 3
- D) 5