

Advanced Physical Education Concepts

Physical Education · Practice Test · 8 Questions

1. Which specific muscle group acts as the primary antagonist during a standard bicep curl?

- A) Triceps brachii
- B) Deltoids
- C) Latissimus dorsi
- D) Brachialis

2. In aerobic respiration, what is the primary byproduct produced when glucose is broken down in the presence of oxygen?

- A) Lactic acid
- B) Carbon dioxide
- C) Ethanol
- D) Pyruvate

3. What is the technical term for the amount of blood ejected from the left ventricle in a single heartbeat?

- A) Cardiac output
- B) Heart rate reserve
- C) Stroke volume
- D) Systolic pressure

4. Which phase of a muscle contraction involves the lengthening of the muscle while it is under tension?

- A) Concentric
- B) Isometric
- C) Isokinetic
- D) Eccentric

5. During prolonged high-intensity exercise, which energy system becomes the primary source of ATP once glycogen stores are depleted?

- A) ATP-PC system
- B) Glycolytic system
- C) Oxidative system
- D) Anaerobic power system

6. Which plane of motion divides the body into superior and inferior segments?

- A) Sagittal plane
- B) Frontal plane
- C) Transverse plane
- D) Coronal plane

7. What is the term for the maximum volume of oxygen the body can consume and utilize during intense exercise?

- A) VO₂ max
- B) Respiratory exchange ratio
- C) Ventilatory threshold
- D) Anaerobic capacity

8. Which connective tissue is responsible for attaching muscle to bone?

- A) Ligament
- B) Tendon
- C) Fascia
- D) Cartilage