

Physical Education Basics

Physical Education · Practice Test · 15 Questions

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

- A) Lungs
- B) Heart
- C) Liver
- D) Stomach

2. What is the recommended minimum duration for moderate physical activity for adults per week?

- A) 30 minutes
- B) 1 hour
- C) 150 minutes
- D) 500 minutes

3. Which of these is considered a cardiovascular exercise?

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

4. What nutrient is most important for muscle repair and growth after exercise?

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

5. Which term describes the ability of a joint to move through its full range of motion?

- A) Strength
- B) Flexibility
- C) Agility
- D) Endurance

6. What is the primary gas that humans inhale during respiration?

- A) Carbon dioxide
- B) Nitrogen
- C) Oxygen
- D) Helium

7. Which of these sports uses a racket?

- A) Basketball
- B) Tennis
- C) Soccer
- D) Swimming

8. What is the main purpose of a warm-up before exercise?

- A) To get tired
- B) To prepare the body and reduce injury risk
- C) To build muscle mass
- D) To improve sleep

9. Which bone protects the brain?

- A) Femur
- B) Rib cage
- C) Skull
- D) Pelvis

10. How many players are on the court for one team in a standard game of basketball?

- A) 5
- B) 7
- C) 11
- D) 9

11. Which mineral is essential for maintaining strong bones and teeth?

- A) Iron
- B) Calcium
- C) Sodium
- D) Potassium

12. What does BMI stand for in health and fitness?

- A) Body Muscle Index
- B) Basic Metabolic Intake
- C) Body Mass Index
- D) Bone Mineral Intensity

13. Which activity is best for improving muscular endurance?

- A) Sprinting
- B) Performing many repetitions of low-weight exercises
- C) Sleeping
- D) Eating breakfast

14. What is the name of the fluid that cushions joints?

- A) Plasma
- B) Synovial fluid
- C) Bile
- D) Saliva

15. Which of these is a common team sport played on a field with a ball and goalposts?

- A) Swimming
- B) Cycling
- C) Soccer
- D) Archery