

Physical Education Theory Basics

Physical Education Theory · Practice Test · 6 Questions

1. What does the letter 'F' stand for in the FITT principle of exercise prescription?

- A) Flexibility
- B) Frequency
- C) Fitness
- D) Fastness

2. Which component of health-related fitness refers to the range of motion available at a joint?

- A) Muscular strength
- B) Body composition
- C) Flexibility
- D) Agility

3. Which macronutrient serves as the primary source of energy for the human body during exercise?

- A) Carbohydrates
- B) Proteins
- C) Vitamins
- D) Minerals

4. Which principle of training involves gradually increasing the workload to cause the body to adapt and improve fitness?

- A) Specificity
- B) Reversibility
- C) Progressive overload
- D) Tedium

5. In first aid for acute soft tissue injuries, what does the acronym R.I.C.E. stand for?

- A) Run, Ice, Cover, Extend
- B) Rest, Ice, Compression, Elevation
- C) Reach, Injury, Care, Emergency
- D) Rotate, Immobilise, Calm, Elevate

6. Where is the quadriceps muscle group located in the human body?

- A) Back of the upper arm
- B) Front of the thigh
- C) Lower back
- D) Chest