

Physical Education Theory Fundamentals

Physical Education · Practice Test · 10 Questions

1. Which heart rate zone is characterized by moderate physical activity where you can still carry on a conversation?

- A) Maximum heart rate
- B) Aerobic zone
- C) Resting heart rate
- D) Anaerobic zone

2. What is the primary purpose of a warm-up before participating in vigorous physical activity?

- A) To increase muscle flexibility and blood flow
- B) To build maximum muscle strength
- C) To lower body temperature
- D) To increase heart rate to a maximum level

3. Which type of movement is 'skipping' categorized as?

- A) Non-locomotor movement
- B) Stability movement
- C) Locomotor movement
- D) Manipulative movement

4. What is the correct term for the ability of the heart and lungs to supply oxygen to the body during sustained exercise?

- A) Muscular strength
- B) Flexibility
- C) Body composition
- D) Cardiorespiratory endurance

5. In a game of tag, what is the best way to safely change direction at high speed?

- A) Keep feet together
- B) Lower your center of gravity
- C) Keep legs straight
- D) Lean your upper body forward

6. Which of these is a manipulative skill used in team sports?

- A) Jumping
- B) Dribbling a ball
- C) Balancing on one foot
- D) Twisting

7. What does the F.I.T.T. principle stand for in exercise planning?

- A) Frequency, Intensity, Time, Type
- B) Fitness, Interest, Training, Technique
- C) Fast, Intense, Tough, Training
- D) Flexibility, Impact, Talent, Time

8. Which body system is responsible for providing the structure and support necessary for movement?

- A) Digestive system
- B) Nervous system
- C) Skeletal system
- D) Respiratory system

9. What is the primary role of an 'attacker' in a invasion game like netball or soccer?

- A) Defending the goal
- B) Intercepting passes
- C) Maintaining possession to score
- D) Controlling the clock

10. Which component of fitness is improved most by holding a stretch for 30 seconds?

- A) Muscular power
- B) Flexibility
- C) Agility
- D) Reaction time