

High School Physical Education Theory

Physical Education · Practice Test · 8 Questions

1. Which energy system provides the primary source of ATP for high-intensity activities lasting less than 10 seconds, such as a 100-metre sprint?

- A) Aerobic system
- B) ATP-PC (Phosphagen) system
- C) Anaerobic Glycolytic system
- D) Oxidative Phosphorylation system

2. In human biomechanics, which lever system is most common in the human body, where the effort force acts between the fulcrum and the load?

- A) First-class lever
- B) Second-class lever
- C) Third-class lever
- D) Fourth-class lever

3. According to Fitts and Posner's stages of learning, which stage is characterized by high cognitive demand, frequent errors, and inconsistent performance?

- A) Autonomous stage
- B) Associative stage
- C) Cognitive stage
- D) Reflexive stage

4. Which of the following is classified as a health-related component of physical fitness?

- A) Agility
- B) Flexibility
- C) Power
- D) Reaction time

5. What type of muscle contraction occurs when a muscle produces tension while actively lengthening?

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

6. Which training principle states that physiological adaptations regress or diminish when regular exercise is stopped or significantly reduced?

- A) Overload principle
- B) Specificity principle
- C) Reversibility principle
- D) Individual differences principle

7. What physiological term refers to the maximum volume of oxygen that an individual's body can take in and utilize during intense exercise?

- A) Lactate threshold
- B) Tidal volume
- C) VO2 max
- D) Oxygen deficit

8. Which of Newton's laws of motion states that for every action force, there is an equal and opposite reaction force?

- A) First Law
- B) Second Law
- C) Third Law
- D) Law of Gravitation