Nature and Movement Quiz

Physical Education Theory · Practice Test · 10 Questions

1. Which animal is known for using a powerful, jumping movement called 'bounding' to travel efficiently across the Australian bush?

A) Koala
B) Kangaroo
C) Wombat
D) Echidna

2. In human physical activity, what is the primary source of energy that plants produce through photosynthesis?

A) Oxygen
B) Glucose
C) Carbon dioxide
D) Nitrogen

3. Which aquatic animal demonstrates an efficient 'streamlined' body shape that minimizes resistance, a concept used in swimming techniques?

A) Dolphin
B) Crab
C) Starfish
D) Jellyfish

4. What is the name for the natural instinctual movement patterns animals use to escape predators?

A) Walking
B) Flight-or-fight response
C) Stretching
D) Cooling down

5. Which birds are known for their high-endurance, long-distance migration flights across the globe?

A) Penguins
B) Ostriches
C) Arctic Terns
D) Emus

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6. Which type of environment provides the most resistance to human movement, often used for low-impact rehabilitation exercises?

A) Sand
B) Air
C) Water
D) Grass

7. What is the anatomical term for the natural flexibility in a cat's spine that allows it to twist mid-air?

A) Rigidity
B) Hyper-mobility
C) Ossification
D) Calcification

8. Which terrestrial animal is capable of the highest sustained running speed in short bursts to catch prey?

A) Elephant
B) Cheetah
C) Sloth
D) Hippopotamus

9. In forest ecosystems, which physical activity do primates perform to develop upper body strength and coordination?

A) Burrowing
B) Brachiation
C) Swimming
D) Slithering

10. What physiological state do some animals enter to conserve energy during cold environmental conditions?

A) Hibernation
B) Sprint
C) Agility
D) Coordination

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