Physical Education Foundations

Physical Education Theory · Practice Test · 25 Questions

1. Which heart rate zone is most effective for improving cardiovascular endurance during aerobic exercise?

A) Resting heart rate
B) Target heart rate zone
C) Maximum heart rate
D) Recovery heart rate

2. What is the primary function of the skeletal system in the human body?

A) Pumping blood
B) Digesting food
C) Supporting and protecting organs
D) Regulating body temperature

3. Which type of muscle action occurs when a muscle lengthens while under tension?

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

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

A) Flexibility
B) Frequency
C) Fitness
D) Formation

5. Which component of fitness is best improved by holding a yoga pose for 30 seconds?

A) Cardiovascular endurance
B) Muscular strength
C) Flexibility
D) Agility

6. What is the main purpose of a 'warm-up' before intense physical activity?

A) To build muscle mass quickly
B) To prevent injury by increasing blood flow
C) To lower the heart rate
D) To increase body fat percentage

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7. Which organ is responsible for pumping oxygenated blood throughout the body?

A) Lungs
B) Liver
C) Heart
D) Kidneys

8. What type of skill is 'throwing a ball' classified as in movement theory?

A) Locomotor skill
B) Manipulative skill
C) Stability skill
D) Reflexive skill

9. Which of the following is considered a 'locomotor' movement?

A) Twisting
B) Balancing
C) Galloping
D) Bending

10. What is the benefit of a 'cool-down' period after exercise?

A) To increase heart rate
B) To help the body recover and reduce muscle soreness
C) To build explosive power
D) To dehydrate the muscles

11. Which nutrient is primarily used by the body for muscle repair and growth?

A) Carbohydrates
B) Fats
C) Proteins
D) Fiber

12. What is the standard measurement unit for energy provided by food?

A) Grams
B) Kilojoules
C) Milliliters
D) Centimeters

13. Which type of exercise involves quick, powerful movements to improve speed and strength?

A) Plyometrics
B) Stretching
C) Meditation
D) Endurance training

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14. What is the definition of 'muscular endurance'?

A) The ability to lift the heaviest weight possible
B) The ability of a muscle to repeat a movement over time
C) The speed of a muscle contraction
D) The size of the muscle fibers

15. Which fitness test is commonly used to measure cardiovascular fitness in Australian schools?

A) Sit and reach test
B) Hand grip test
C) Beep test
D) Vertical jump test

16. What type of movement is 'balancing' on one leg considered?

A) Non-locomotor
B) Locomotor
C) Aerobic
D) Agility

17. Which of these is a 'stability' skill?

A) Running
B) Twisting
C) Dribbling
D) Jumping

18. What is the main fuel source for the brain and muscles during high-intensity exercise?

A) Protein
B) Carbohydrates
C) Vitamins
D) Minerals

19. Which physiological change occurs during regular aerobic exercise?

A) The heart becomes weaker
B) Resting heart rate decreases
C) Lung capacity decreases
D) Muscle mass disappears

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20. How does hydration assist during physical activity?

A) It slows down digestion
B) It helps regulate body temperature through sweat
C) It makes the muscles smaller
D) It increases the need for rest

21. What is the definition of 'agility' in a sports context?

A) The ability to change direction quickly and accurately
B) The ability to move in a straight line
C) The ability to hold a position
D) The ability to lift heavy objects

22. Which of the following is an example of a fine motor skill?

A) Kicking a soccer ball
B) Catching a basketball
C) Typing on a keyboard
D) Running a race

23. What does 'BMI' stand for in health and fitness assessments?

A) Body Movement Index
B) Body Mass Index
C) Basic Muscle Index
D) Body Metabolic Intake

24. Which mineral is essential for healthy bone density?

A) Iron
B) Calcium
C) Magnesium
D) Potassium

25. What is the 'intensity' of an exercise referring to?

A) How long you exercise for
B) How often you exercise
C) How hard the body is working
D) The type of sport played

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