Advanced Physical Education Theory

Physical Education Theory · Answer Key · 8 Questions

1. Which specific energy system is primarily responsible for providing ATP during high-intensity exercise lasting between 10 and 60 seconds?

A) ATP-PC system
B) Lactic acid system
C) Aerobic system
D) Anaerobic glycolysis

2. In biomechanics, what is the 'lever' classification of a human bicep curl performed at the elbow joint?

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

3. What is the physiological phenomenon known as 'EPOC' in the context of exercise recovery?

A) Excess Post-exercise Oxygen Consumption
B) Energy Production Optimal Capacity
C) Extended Performance Over Compensation
D) Endurance Phase Oxygen Circulation

4. Which training principle dictates that to improve a specific component of fitness, the exercises performed must closely mimic the actual movement patterns of the sport?

A) Progressive Overload
B) Reversibility
C) Specificity
D) Individualization

5. What is the primary function of the Golgi tendon organs within the neuromuscular system?

A) To initiate muscle contraction
B) To detect muscle tension and prevent injury
C) To coordinate motor unit recruitment
D) To store calcium ions for contraction

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6. During a 1RM (one-repetition maximum) test, which type of muscle contraction is most effectively measured?

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

7. According to the FITT principle, what does the 'T' standing for 'Time' specifically refer to in a cardiovascular training program?

A) The frequency of sessions
B) The duration of the individual exercise session
C) The total duration of the training block
D) The intensity of the exercise

8. Which muscle fiber type is characterized by high mitochondrial density, high capillary density, and high resistance to fatigue?

A) Type IIx (Fast-twitch glycolytic)
B) Type IIa (Fast-twitch oxidative)
C) Type I (Slow-twitch oxidative)
D) Type III (Intermediate)

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