



Department of Education-Region 10  
Division of Misamis Oriental  
MAPUTI SENIOR HIGH SCHOOL  
Maputi, Naswan, Misamis Oriental



FIRST QUARTER EXAMINATION  
Physical Education 1 / HOPE 1

NAME: \_\_\_\_\_

SCORE: \_\_\_\_\_

GRADE AND SECTION: \_\_\_\_\_

DATE: \_\_\_\_\_

General Instructions: Follow the INSTRUCTION in every Test/Part properly.

Test 1. Multiple Choice: Encircle the chosen letter which you think is the correct answer.

- The ability of the heart and lungs to deliver oxygen to working muscles during physical activity for a long period of time is called \_\_\_\_?  
a. Cardiovascular Endurance  
b. Flexibility  
c. Body Composition  
d. Muscular Strength
- What is the advantage of exercise?  
a. Improved quality of life  
b. Decrease chronic disease  
c. Stress Relief  
d. All of the above
- Doing muscular strengthening exercises also develops ones \_\_\_\_?  
a. Cardiovascular Endurance  
b. Muscular Endurance  
c. Flexibility  
d. Bone strength
- If Randy perform short bursts of lifting very heavy weights with low repetitions, this type of exercise is called \_\_\_\_?  
a. aerobic exercise  
b. muscular strength exercise  
c. bone strength exercise  
d. anaerobic exercise
- The ability of a muscle to exert force for a brief period of time is referred as \_\_\_\_?  
a. Muscular Endurance  
b. Muscular Strength  
c. Cardiovascular endurance  
d. Flexibility
- Push up, weight lifting, plyometrics are examples of what exercises?  
a. Muscular Endurance  
b. Muscular Strength  
c. Cardiovascular Endurance  
d. Flexibility
- Which of the following is not a primary benefit of regular cardiovascular exercise?  
a. Increased ability to take in and use oxygen  
b. Improved balance  
c. Lower blood pressure  
d. Lower pulse rate
- What does F.I.T.T. stands for?  
a. Fitness, Intelligence, Total Turnout  
b. Frequency, Intensity, Time, Type  
c. Fun, Intensity, Teamwork, Trust  
d. Frequency, Intensity, Temperature, Time
- Running, cycling, swimming, and dancing are all examples of what type of exercise?  
a. resistance exercise  
b. aerobic exercise  
c. muscular strengthening  
d. flexibility exercises
- When weight lifting for muscular strength, one should lift \_\_\_\_ weight and do \_\_\_\_ repetitions?  
a. less: fewer  
b. less: more  
c. more: many  
d. more: fewer
- "Repetitions" in muscular strengthening exercise refers to \_\_\_\_?  
a. the length of time an exercise is performed  
b. a fixed number of reps followed by a rest period  
c. a rest period  
d. the number of times an exercise is performed
- Benfaccio is trying to find out how much weight he can push across the room. He is really trying to measure his \_\_\_\_?  
a. flexibility  
b. muscular strength  
c. bone strength

# Sample Examination Igps

**AW Rasmussen**



**Sample Examination Iqps:**

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