



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. bone strength
c. bone strength

Sample Examination Iqps

IM Harris



Sample Examination Iqps:

Sample Examination Iqps Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Sample Examination Iqps**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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