



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. Fitness, Intensity, Total Turnout
d. Fun, Intensity, Teamwork, Trust
- 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 Iqps

Camilla Rothe



Sample Examination Iqps:

The Top Books of the Year Sample Examination Iqps The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Sample Examination Iqps : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample Examination Iqps : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Table of Contents Sample Examination Iqps

1. Understanding the eBook Sample Examination Iqps
 - The Rise of Digital Reading Sample Examination Iqps
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Examination Iqps
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Examination Iqps
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Examination Iqps
 - Personalized Recommendations
 - Sample Examination Iqps User Reviews and Ratings
 - Sample Examination Iqps and Bestseller Lists
5. Accessing Sample Examination Iqps Free and Paid eBooks
 - Sample Examination Iqps Public Domain eBooks
 - Sample Examination Iqps eBook Subscription Services
 - Sample Examination Iqps Budget-Friendly Options
6. Navigating Sample Examination Iqps eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Examination Iqps Compatibility with Devices
 - Sample Examination Iqps Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Examination Iqps
 - Highlighting and Note-Taking Sample Examination Iqps
 - Interactive Elements Sample Examination Iqps
8. Staying Engaged with Sample Examination Iqps

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Examination Iqps
9. Balancing eBooks and Physical Books Sample Examination Iqps
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Examination Iqps
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Examination Iqps
- Setting Reading Goals Sample Examination Iqps
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Examination Iqps
- Fact-Checking eBook Content of Sample Examination Iqps
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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