



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 Iqps

**Brendan G. Carr**



**Sample Examination Iqps:**

The Top Books of the Year Sample Examination Iqps The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. Sample Examination Iqps : Colleen Hoover's "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 expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sample Examination Iqps : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : 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 weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular 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 engaging 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 speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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