



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

S Ashworth



Sample Examination Iqps:

Project-Based Learning in the First Year Kristin K. Wobbe, Elisabeth A. Stoddard, 2023-07-03 Published in association with This book has two goals First to show the value of significant project based work for first year undergraduate students and Second to share how to introduce this work into first year programs The authors spend the bulk of the book sharing what they have learned about this practice including details about the administrative support and logistics required They have also included sample syllabi assignments and assessments and classroom activities The projects are applicable in a liberal arts education in engineering programs in two and four year colleges in public and private universities any institution with first year undergraduate students that wants to actively engage them in understanding and solving real world problems through project work Evidence shows that project based learning with real world team based educational experiences increases the engagement and retention rate of underserved students Introducing project based learning in the first year can set the stage for incorporating the culture and practice of inclusive excellence as foundation for learning on college and university campuses

Progress in Computing, Analytics and Networking Himansu Das, Prasant Kumar Pattnaik, Siddharth Swarup Rautaray, Kuan-Ching Li, 2020-03-26 This book focuses on new and original research ideas and findings in three broad areas computing analytics and networking and their potential applications in the various domains of engineering an emerging interdisciplinary area in which a wide range of theories and methodologies are being investigated and developed to tackle complex and challenging real world problems The book also features keynote presentations and papers from the International Conference on Computing Analytics and Networking ICCAN 2019 which offers an open forum for scientists researchers and technocrats in academia and industry from around the globe to present and share state of the art concepts prototypes and innovative research ideas in diverse fields Providing inspiration for postgraduate students and young researchers working in the field of computer science engineering the book also discusses hardware technologies and future communication technologies making it useful for those in the field of electronics

Resources in Education, 1990
Intelligent Data Engineering and Analytics Suresh Chandra Satapathy, Yu-Dong Zhang, Vikrant Bhateja, Ritanjali Majhi, 2020-08-29 This book gathers the proceedings of the 8th International Conference on Frontiers of Intelligent Computing Theory and Applications FICTA 2020 held at NIT Surathkal Karnataka India on 4 5 January 2020 In these proceedings researchers scientists engineers and practitioners share new ideas and lessons learned in the field of intelligent computing theories with prospective applications in various engineering disciplines The respective papers cover broad areas of the information and decision sciences and explore both the theoretical and practical aspects of data intensive computing data mining evolutionary computation knowledge management and networks sensor networks signal processing wireless networks protocols and architectures Given its scope the book offers a valuable resource for graduate students in various engineering disciplines

Employment Safety and Health Guide, 1992 Includes original text of the Occupational safety

and health act of 1970 Database Systems For Advanced Applications '93 - Proceedings Of The 3rd International Symposium On Database Systems For Advanced Applications S C Moon,H Ikeda,1993-03-18 This proceedings volume contains 52 technical research papers on multidatabases distributed DB multimedia DB object oriented DB real time DB temporal DB deductive DB and intelligent user interface Some industrial papers are also included **Microbiology Abstracts** ,1981-12 **Transactions of the Royal Society of Tropical Medicine and Hygiene** Royal Society of Tropical Medicine and Hygiene,1991 Excerpta Medica ,1989 Database Systems for Advanced Applications ... ,1993
Toxicology Research Projects Directory ,1980 An indexed directory of current research project abstracts in toxicology and related fields The Journal of Immunology ,2006 *Sample Examination Questions* Royal Australasian College of Physicians,1985 **Syllabus and Sample Examination Questions** ,1931 **RPSGT Exam Practice Questions** Exam Secrets Test Prep Staff Rpsgt,2018-04-12 RPSGT Exam Practice Questions are the simplest way to prepare for the Registered Polysomnographic Technologist Examination Practice is an essential part of preparing for a test and improving a test taker s chance of success The best way to practice taking a test is by going through lots of practice test questions If someone has never taken a practice test then they are unprepared for the types of questions and answer choices that they will encounter on the official test There is a tremendous advantage to someone taking the test that is already familiar with the questions and answer choices Another advantage of taking practice tests is that you can assess your performance and see if you need to study and practice more or if you re already prepared enough to achieve success on your test day If you do well on the practice test then you know you re prepared If you struggle on the practice test then you know you may still have more work to do to get prepared Our RPSGT Exam Practice Questions give you the opportunity to test your knowledge on a set of questions You can know everything that is going to be covered on the test and it will not do you any good on test day if you have not had a chance to practice Repetition is a key to success and using practice test questions allows you to reinforce your strengths and improve your weaknesses Detailed answer explanations are also included for each question It may sound obvious but you have to know which questions you missed and more importantly why you missed them to be able to avoid making the same mistakes again when you take the real test That s why our RPSGT Exam Practice Questions include answer keys with detailed answer explanations These in depth answer explanations will allow you to better understand any questions that were difficult for you or that you needed more help to understand **Sample Examination Questions** Kansas. State Board of Engineering Examiners,1956 **Series 65 Exam Practice Questions** Series 65 Exam Secrets Test Prep Team,2014-08-22 Series 65 Exam Practice Questions are the simplest way to prepare for the Uniform Investment Adviser Law Examination Practice is an essential part of preparing for a test and improving a test taker s chance of success the best way to practice taking a test is by going through lots of practice test questions Our Series 65 Exam Practice Questions give you the opportunity to test your knowledge on a set of questions You can know everything that is going to be covered on the

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Pretending to be Quantum Malvika Joshi,2021 We examine the IQP protocol for verifying quantumness presented by Shepherd and Bremner in 2009 SB09 In this protocol the classical verifier sends a prover an IQP circuit and expects back samples from its output distribution as evidence that the prover has quantum capabilities To test that the samples indeed came from the circuit the verifier checks that they are consistent with the bias of the output distribution of the circuit in the direction of a secret string s This bias is given by $1/2^{2g}$ where g is a parameter associated with the Hamiltonian H and s YC20 We study this parameter and give a strategy for forging samples to fool the verifier into believing that a classical prover is quantum with a constant probability dependent on g We also give a natural method for constructing random circuits with a particular value of g either $g=0$ or $g=1$ We use the classical forging strategy along with the construction methods to show that when g is small an adversary can extract s from just H and forge samples to fool the verifier with high probability We give heuristic arguments for the validity of these attacks and demonstrate their success numerically

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any avoidable errors Test Prep Books has drilled down the top test taking tips for you to know Anyone planning to take this exam should take advantage of the HAPS exam study guide review material practice test questions and test taking strategies contained in this Test Prep Books study guide

Seidel's Guide to Physical Examination - Binder Ready Jane W. Ball, Jane W. Ball, RN, DrPH, CPNP, 2018-03-08 Binder Ready Edition This loose leaf copy of the full text is a convenient accessible and customizable alternative to the bound book With this binder ready edition you can personalize the text to match your unique study needs Corresponding to chapters in Seidel's Guide to Physical Examination 9th Edition this portable full color richly illustrated guide prepares you for any clinical setting Examination tables and Aids to Differential Diagnosis tables provide access to the physical exam in an easy to understand two column format for each system exam Key information includes differential diagnosis tips pediatric variations sample documentation and other helpful assessment data for quick reference Separate chapters cover age specific exams for infants children adolescents and older adults and the healthy female evaluation as well as reporting and documenting findings for electronic charting This new edition been updated throughout to match the 9th edition of the Ball Seidel and redesigned for improved legibility and usability in clinicals and beyond Two column Examination sections provide a convenient quick reference to key exam steps along with expected and unexpected findings Aids to Differential Diagnosis tables summarize distinguishing characteristics of abnormalities furnishing you with clues for identifying characteristic symptoms and diagnosing patient problems Color coded Pediatric Variations tables provide a convenient resource on differences in findings and developmental considerations for pediatric patients Sample Documentation sections at the ends of system chapters promote concise yet thorough examples of patient charting for each system exam applicable both to traditional charting and electronic health records EHRs More than 200 full color illustrations of anatomy and physiology examination procedures and normal and abnormal findings offer a visual reference to performing exams and anticipated and unanticipated findings NEW Updated content throughout reflects the latest research and evidence based practice to equip you with best practices for physical examination and health assessment NEW Improved legibility and usability make it easier for you to locate essential clinical content quickly

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