



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, Intelligence, 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. bone strength
c. bone strength
d. bone strength

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web une tv5monde diffuse actuellement sur ses antennes le dessin animé petit spirou inspiré de la célèbre bande dessinée de tome amp janry a cette occasion nous te proposons de gagner un kit des 400 coups du petit spirou ou le tome 15 de la bande dessinée tu as jusqu au 14 septembre pour participer le petit spirou précédé de le

kit des 400 coups le par janry et tome bandedessinee info - Jun 01 2022

web le coffret contient une fausse araignée un paquet de chewing gum arroseur des lunettes de myope et une fausse vitre brisée et l édition en format poche de tu comprendras quand tu s ras grand le 10e album de la série kit des 400 coups le est un volume de la série petit spirou le par janry et tome paru en 2010 selon