Physical Education Comprehensive Knowledge Exam Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please read each question carefully before reading the answer options. When you have a clear idea of the question, find your answer and mark your selection on the answer sheet.

Questions 1 - 10 are multiple-choice questions designed to assess your ability to recall basic knowledge related to **PHYSICAL FITNESS**.

1. Sally is concerned about her fitness. What Health Related Fitness component should she concentrate on to improve her fitness level?

a. Coordination

b. Cardiovascular Fitness

c. Agility

d. Speed

2. John is concerned about improving his skills for an athletic team. What Skill Related Fitness component should he concentrate on to improve his skill level?

a. Flexibility

b. Cardiovascular Fitness

c. Agility

d. Muscular Strength

3. Fitness is for everyone. What are the 5 health related components of fitness?

a. Flexibility, Cardiovascular Fitness, Muscle Strength, Muscle Endurance, Body Composition

b. Cardiovascular Fitness, Agility, Speed, Power, Balance,

c. Agility, Muscular Strength, Speed, Cardiovascular Fitness, Body Composition

d. Muscular Strength, Coordination, Muscular Endurance, Speed, Flexibility

4. Regular participation in sports can have a positive influence on your health and fitness. What are the 6 skill related components of fitness?

a. Flexibility, Cardiovascular Fitness, Strength, Endurance, Body Composition, Power

b. Cardiovascular Fitness, Agility, Speed, Power, Balance, Reaction Time

c. Agility, Balance, Speed, Coordination, Power, Reaction Time

d. Strength, Coordination, Speed, Flexibility, Cardiovascular Fitness, Balance

5. Which of the following is the best definition of Cardiovascular Fitness?

a. The amount of time it takes you to get moving

b. Relative percentage of muscle, fat, bone and other tissue

c. The ability to use your muscles for a long period of time

d. The ability to exercise the entire body for a long period of time

6. Which of the following is the best definition of Flexibility ?

a. The amount of force your muscles can produce in effort

b. The range of movement possible at various joints

c. Ability to change the position of your body and control the movement of your body

d. The amount of time it takes you to get moving

7. Which of the following is the best definition of Power?

a. The amount of force your muscles can produce in effort

b. The ability to exercise the entire body for a long period of time

c. The measurement of how quickly a single explosive movement can be performed

d. Factors related to becoming a better athlete

8. Which of the following is the best definition of Muscular Strength?

a. The amount of force your muscles can produce in an effort

b. The ability to use your muscles many times without getting tired

c. Factors related to becoming physically fit

d. The measurement of how quickly a single explosive movement can be performed

9. Which of the following is the best definition of Coordination?

a. The range of movement possible at various joints

b. The integration of hand and foot movement with your eyes

c. The amount of time it takes to get moving

d. The ability to exercise your entire body for a long period of time

10. Which of the following is the best definition of Muscular Endurance?

a. The ability to exercise the entire body for a long period of time

b. The ability to change direction quickly while being in control of your body

c. The ability to maintain body equilibrium both stationary and in different movements

d. The ability to use your muscles for a long period of time

Questions 11 - 15 are multiple-choice questions designed to assess your ability to recall basic knowledge related to the **PRINCIPLES OF TRAINING**.

11. Exercise must be done correctly to get benefits. An exercise program is based on 3 basic principles. Which of the following are the basic principles of training to build muscle?

a. Frequency, Intensity, Time, Type

b. Cardiovascular Fitness, Muscular Strength, Flexibility

c. Target Heart Rate, Threshold of Training, Fitness Target Zone

d. Overload, Progression, Specificity

12. The only way to improve fitness through training is to do more than you normally do by gradually increasing the amount of exercise. Which principle best represents this method of training?

a. Principle of Progression

b. Principle of Overload

c. Principle of Specificity

d. Principle of Frequency

13. For best results, you should exercise in your Fitness Target Zone. Exercising in this zone means you are exercising to build physical fitness. Which best describes the FITT principle?

a. Cardiovascular Fitness, Intensity, Muscular Strength, Flexibility

b. Target Heart Rate, Threshold of Training, Fitness Target Zone

c. Frequency, Intensity, Time, Type

d. Overload, Progression, Specificity

14. Intensity deals with how hard you have to work to improve your fitness. Which component of FITT principle deals with how often you have to work to improve fitness?

a. Frequency

b. Intensity

c. Time

d. Type

15. To formulate your Target Heart Rate Zone, you can calculate your target heart range to determine 60% to 90% of the maximum heart rate. What is the best method to find an accurate pulse?

a. Lie quietly on the floor and meditate for one minute

b. Two fingers on carotid or radial artery and count the beats for one minute

c. Hand over your heart and count the beats for one minute

d. Use a pedometer to count the beats for one minute

Questions 16-20 are multiple-choice questions designed to assess your ability to recall basic knowledge related to **NUTRITION.**

16. Breakfast is the most important meal of the day because it provides fuel for the body to be active and learn. Which one of the following has all of the components of a healthy breakfast?

a. Whole wheat bread, peanut butter, orange juice

b. Eggs, sausage, whole wheat bread with peanut butter

c. Yogurt, sliced strawberries, orange juice

d. Bowl of sugar cereal, toaster pastry, cup of black coffee

17. Eating a variety of foods is important for nutritional balance. What best describes the five major food groups?

a. Breads, Meat, Water, Fruit, Vegetables

b. Whole Grains/Breads/Cereals, Fruits, Vegetables, Milk/Milk Products, Meat/Beans/Nuts

c. Whole Grains, Beans/Nuts, Fruits, Vegetables, Water

d. Whole Grains, Water, Fruit, Vegetables, Meat

18. Portion control is important to maintain healthy eating habits. Everyday items can help us understand a healthy portion. Which item best describes a healthy portion for a serving of meat?

a. Palm of Hand

b. Open Hand

c. Pointer Finger

d. Closed fist

19. Next to air, water is the element most necessary for survival. The human body is composed of 75% water and 25% solid matter. How much water should you drink on a daily basis?

a. 8 cups a day

b. 16 ounces a day

c. 50%-75% of you body weight in ounces

d. 50% of all liquids consumed in a day

20. Fast food is big business and marketing to young people is an important target group. Sometimes, it is difficult to separate fact from myth. Which of the following is a nutritional fact?

a. Diet soda is better than regular soda.

b. Skipping meals help you loose weight.

c. ‘Fat Free’ is the best choice

d. **The more processing a food undergoes, the less nutrition it contains.**