



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.

1. 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
2. What is the advantage of exercise?
 - a. Improved quality of life
 - b. Decrease chronic disease
 - c. Stress Relief
 - d. All of the above
3. Doing muscular strengthening exercises also develops ones ____?
 - a. Cardiovascular Endurance
 - b. Muscular Endurance
 - c. Flexibility
 - d. Bone strength
4. 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
5. 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
6. Push up, weight lifting, plyometrics are examples of what exercises?
 - a. Muscular Endurance
 - b. Muscular Strength
 - c. Cardiovascular Endurance
 - d. Flexibility
7. 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
8. 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
9. 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
10. 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
11. "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
12. Benfacio 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

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The Education Gazette of the Province of the Cape of Good Hope Cape of Good Hope (South Africa). Education Department,1954 The Education Gazette of the Province of the Cape of Good Hope ,1954 **Mission, Science, and Race in South Africa** Keith Snedegar,2015-09-17 This is a biographical study of Alexander William Roberts a Free Church of Scotland missionary educator who in 1883 was posted to the Lovedale Institution at Alice South Africa Inspired by the night sky of the southern hemisphere Roberts became a leading observer of variable stars and an early contributor to the theory of close interacting binary stars He actively promoted the development of colonial scientific culture and was elected president of the South African Association for the Advancement of Science in 1913 His teaching career at Lovedale fostered a commitment to the interests of his African students and their communities In 1920 Roberts was appointed to the South African senate to represent native Africans he also served as senior member of the Native Affairs Commission Despite his liberal instincts he acquiesced to the movement toward racial segregation as advanced in the Natives Urban Areas and Native Administration Acts Roberts nonetheless militated against the erosion of the Cape non racial franchise rights he resigned from the Native Affairs Commission just as the all white parliament was poised to remove Africans from the common voters roll His engagement with the politics of race interfered with Roberts s astronomical research Although he published nearly one hundred papers in scientific journals most of his observational data remained unknown until the Boyden Observatory s Roberts archive was digitized in 2006 His influence as a mission educator also has been little known although among his pupils were journalist and academic D D T Jabavu the physician James Moroka and Swazi king Sobhuza I

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