

# 1<sup>ST</sup> Quarterly Examination in MAPEH 10

SY 2022 – 2023

## MUSIC

I. Read the following questions carefully and write the letter of the correct answer on your answer sheet.

1. It is a French movement in the late 19<sup>th</sup> and early 20<sup>th</sup> century.  
a. Impressionism      b. Expressionism      c. Modern Nationalism
2. He was the primary exponent of the impressionist movement and the focal point for other impressionist composers.  
a. Igor Stravinsky      b. Maurice Ravel      c. Claude Debussy
3. He was a neo-classical, modern nationalist, and a primitivist composer who adopted Hungarian folk themes to introduce rhythms with changing meters and heavy syncopation.  
a. Arnold Schoenberg      b. Bela Bartok      c. Sergei Prokofieff
4. It was a moderating factor between the emotional excesses of the Romantic period and the violent impulses of the soul in expressionism.  
a. Neo-Classicism      b. Nationalism      c. Chance Music
5. It is a term used to describe the fusion of West African with black American music.  
a. Apala      b. Agogo      c. Afrobeat
6. It is a popular music style from Nigeria that relies on the traditional Yoruba rhythms, where the instruments in Juju are more Western in origin.  
a. Jazz      b. Jit      c. Juju
7. It refers to a particular music style that was strongly influenced by traditional *mento* and *calypso* music, as well as American jazz, and rhythm and blues.  
a. Salsa      b. Reggae      c. Samba
8. A musical form of the late 19<sup>th</sup> century that has had deep roots in African-American communities.  
a. Blues      b. Soul      c. Maracatu
9. He is known as the “Father of the Kundiman” and belongs to the “Triumvirate of Filipino Composers.”  
a. Nicanor Abelardo      b. Francisco Santiago      c. Francisco Buencamino Sr.
10. He is among the few composers in the Philippines who composed five full-length operas.  
a. Alfredo Buenaventura      b. Ryan Cayabyab      c. Antonio Molina
11. He composed the song “*Sa Ugoy Ng Duyan*”.  
a. Rodolfo Cornejo      b. Hilarion Rubio      c. Lucio San Pedro
12. The Philippine adaptation of the Indian epic *Ramayana* set to music, dance, and drama.  
a. Noli Me Tangere      b. Lola Basyang Stories      c. Rama Hari
13. A ballet adaptation of Severino Reyes’ folktales that was meant to instill and rekindle the interest of the Filipino youth in the beauty, richness, and heritage of Philippine literature.  
a. Lola Basyang      b. Ramayana      c. Mariang Alimango
14. A musical by Claude-Michel Schönberg and Alain Boublil, with lyrics by Richard Maltby, Jr.  
a. Les Miserables      b. Miss Saigon      c. Phantom of the Opera
15. A popular and generally lighter form of musical drama than the Opera.  
a. Musical Play      b. Ballet      c. Theater Dance

## ARTS

1. An art movement that emerged in the second half of the 19<sup>th</sup> century among a group of Paris-based artists.  
a. Impressionism      b. Fauvism      c. Expressionism
2. He was one of the first 19<sup>th</sup> century artists to depict modern-life subjects.  
a. Claude Monet      b. Auguste Renoir      c. Edouard Monet
3. A style characterized by dream fantasies, memory images, and visual tricks and surprises.  
a. Dadaism      b. Realism      c. Surrealism
4. One of Pablo Picasso’s work that has been recognized as the most monumental and comprehensive statement of social realism against the brutality of war.  
a. Miner’s Wives      b. Guernica      c. Diana
5. An Art which arose in the mind of the artist, took concrete form for a time, and then disappeared.  
a. Conceptual Art      b. Pop Art      c. Op Art
6. A contemporary art form that uses sculptural materials and other media to modify the way the viewer experiences a particular space.  
a. Performance Art      b. Abstractionism      c. Installation Art
7. He was the leading figure in Pop art.  
a. James Rosenquist      b. Roy Lichtenstein      c. Andy Warhol
8. The logical geometrical conclusion of abstractionism that came in the style.  
a. Cubism      b. Nonobjectivism      c. Dadaism
9. It makes use of electronic and mechanical devices, rather than the artist’s own hand, to produce the desired images and effects.  
a. Electronic Art      b. Digital Art      c. Optical Art
10. A method of creating an artwork using a computer.  
a. Photography      b. Mobile Painting      c. Digital Painting

11. He is best known as an advertising and commercial photographer, with over 40 years of experience in this field and numerous local and international awards for his work.
  - a. John K. Chua
  - b. George Tapan
  - c. Manny Librodo
12. It is an art form that came into being *because* of technological advances.
  - a. Theatre
  - b. Photography
  - c. Cinema
13. Recognized as the first fully-animated Filipino film created by an all-Filipino group of animators using the traditional (hand-drawn) animation process with some 3D effects.
  - a. RPG Metanoia
  - b. Urduja
  - c. Dayo: Sa Mundo ng Elementalya
14. A company that not only staged English-language plays and musicals year-round but trained actors and actresses as well.
  - a. Tanghalang Pilipina
  - b. PETA
  - c. Repertory Philippines
15. It was founded in 1999 by a group of dedicated classically-trained singers, led by soprano Karla Gutierrez as artistic directress.
  - a. Philippine Opera Company
  - b. Trumpets
  - c. New Voice Company

## PHYSICAL EDUCATION

1. The way in which an individual lives.
  - a. Weight Management
  - b. Lifestyle
  - c. Life Management
2. Body Mass Index (BMI) = \_\_\_\_\_?
  - a. Weight/Height
  - b. Height/Weight
  - c. Weight x Height
3. It is the ability of an individual to perform prolonged work continuously, where the work involves large muscle groups.
  - a. Agility
  - b. Coordination
  - c. Cardiovascular Endurance
4. Preliminary Activity done to prepare the body for actual physical activity.
  - a. Cool Down
  - b. Warm Up
  - c. Exercise
5. People who lead sedentary lifestyles are often referred to as \_\_\_\_\_.
  - a. Athletes
  - b. Physically Fit
  - c. Couch Potatoes
6. How many servings from the bread, rice, cereal and pasta group should you eat each day?
  - a. 6-11
  - b. 1-3
  - c. 4-5
7. Which of the following food groups should be consumed sparingly?
  - a. fats, oils, and sweets
  - b. fruits and vegetables
  - c. milk, yogurt and cheese
8. Which of the following is an example of a passive warm-up exercise?
  - a. toe touch
  - b. whirlpool bath
  - c. basketball lay-ups
9. It refers to dance styles that have evolved outside of dance studios.
  - a. Theatre Dance
  - b. Step Dance
  - c. Street Dance
10. Based on the technique of quickly contracting and relaxing muscles to cause a jerk in a dancer's body.
  - a. Popping
  - b. Locking
  - c. Krumping
11. A creative way of making geometric shapes forming right angle using body parts.
  - a. Waacking
  - b. Shuffling
  - c. Tutting
12. A type of Physical activity that requires planned, structured, and repetitive bodily movement to improve or maintain one or more components of physical fitness.
  - a. Dancing
  - b. Exercise
  - c. Fitness Test
13. Performance of a routine that is usually dominated by gymnastic skills.
  - a. Hiphop Dancing
  - b. Street Dancing
  - c. Cheerleading
14. A short cheer with simple arm movements.
  - a. Chant
  - b. Chasse
  - c. Curls
15. Bending of the knee or knees.
  - a. Pique
  - b. Plie
  - c. Releve

## HEALTH

1. Uses hands to apply pressure on certain points of the body.
  - a. Acupuncture
  - b. Health Pressure
  - c. Acupressure
2. An individual that has little or no professional qualifications to practice medicine.
  - a. Physician
  - b. Quacks
  - c. Hilot
3. Focuses on treating specific disorders through massaging the soles of the feet.
  - a. Naturopathy
  - b. Therapy
  - c. Reflexology
4. Offered in place of traditional medicine.
  - a. Alternative Medicine
  - b. Health Products
  - c. Health Centers
5. Reproductive healthcare, information, and supplies shall be made available most especially to poor beneficiaries.
  - a. Responsible Parenthood
  - b. Birth Control
  - c. Respect for Life
6. Which area recorded the highest death rate among children aged 5 years and below?
  - a. Africa
  - b. Asia
  - c. America
7. Which disease is the leading cause of death among people who live in developing countries?
  - a. Malaria
  - b. Respiratory Disease
  - c. HIV/AIDS
8. Which life-style disease is the top leading cause of death worldwide?
  - a. Diabetes
  - b. Hypertension
  - c. Heart Disease
9. What Millenium Development Goals greatly protect and care for women and children's health?
  - a. MDG No. 1 and 2
  - b. MDG No. 3, 4 and 5
  - c. MDG No. 6-8

10. The primary international body responsible for developing leadership in health, setting norms and standards and providing health support among nations around the world.  
 a. World Health Organization      b. United Nations      c. International Red Cross
11. Which of these emerging communicable diseases greatly threaten developing nations around the world especially in Africa?  
 a. Influenza      b. HIV/AIDS      c. Malaria
12. An occupation or profession that requires special training.  
 a. Vocation      b. Job      c. Career
13. Diagnoses and treats neuromuscular disorders, with emphasis on treatment through manual adjustment and/or manipulation of the spine.  
 a. Chiropractor      b. Neurologist      c. Therapist
14. Identifies and rehabilitates hearing impairments and related disorders.  
 a. Optalmologist      b. Pathologist      c. Audiologist
15. Gives emergency medical treatment or assists medical professionals in emergency situations.  
 a. Pharmacist      b. Paramedic      c. Nurse

Key to Correction

MUSIC

- 1. A
- 2. C
- 3. B
- 4. A
- 5. C
- 6. C
- 7. B
- 8. A
- 9. B
- 10. A
- 11. C
- 12. C
- 13. A
- 14. B
- 15. A

ARTS

- 1. A
- 2. C
- 3. A
- 4. B
- 5. A
- 6. C
- 7. A
- 8. B
- 9. B
- 10. C
- 11. A
- 12. C
- 13. B
- 14. C
- 15. A

PHYSICAL EDUCATION

- 1. B
- 2. A
- 3. C
- 4. B
- 5. C
- 6. A
- 7. A
- 8. B
- 9. C
- 10. A
- 11. C
- 12. B
- 13. C
- 14. A
- 15. B

HEALTH

- 1. C
- 2. B
- 3. C
- 4. A
- 5. B
- 6. A
- 7. B
- 8. C
- 9. B
- 10. A
- 11. B
- 12. C
- 13. A
- 14. C
- 15. B