

SECOND QUARTER EXAM in **Physical Education and Health**
School Year 2022-2023

Name: _____

Date: _____

Grade & Section: _____

Score: _____

General Directions: Read the following questions thoroughly and choose the correct answer from the given choices. Write legibly the LETTER of your correct answer on the blank provided before each number.

_____ 1. A desirable level of fitness can be achieved by at least how many 20-30 minutes of walking per week?

- | | |
|------|------|
| A. 3 | C. 5 |
| B. 4 | D. 6 |

_____ 2. A long slow run taken from 1 – 2 hours.

- | | |
|--------------|--------------------|
| A. Tempo Run | C. Hell Repeats |
| B. Long Run | D. Progression Run |

_____ 3. What will be improved by doing continuous running?

- | | |
|----------------------|-----------------------------------|
| A. Flexibility | C. Muscular endurance |
| B. Muscular strength | D. Cardiorespiratory endurance 22 |

_____ 4. Running in an uphill is called _____?

- | | |
|-----------------|-------------|
| A. Fartlek | C. Long Run |
| B. Hill Repeats | D. Base Run |

_____ 5. Which of the following is not a positive outcome in a walking program?

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|-------------------------|-----------------------------------|
| A. Relieved stress | C. increased risk of hypertension |
| B. Enhanced self-esteem | D. improved physical appearance |

_____ 6. Shin pains are referred to _____.

- | | |
|----------------|----------------------------|
| A. Sprains | C. Leg pain and swelling |
| B. Back injury | D. knee tightness and pain |

_____ 7. Which of the following is not a fitness benefit of walking exercise?

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|-------------------------------------|---------------------------------|
| A. Reduces stress | C. Reduces risk of heart attack |
| B. Enhances cardiovascular strength | D. improves agility |

_____ 8. Participation in active recreation is everyone's responsibility. Which of the following is the best reason for this?

- | | |
|--------------------------------------|---|
| A. To have a healthy lifestyle. | C. To keep a physically fit and healthy body. |
| B. To maintain an ideal body weight. | D. To have fun, enjoyment and socialization. |

_____ 9. While jogging, you accidentally fell down and got a sprain. What should you do first?

- | | |
|-------------------------|----------------------------------|
| A. Lie down. | C. Take ibuprofen. |
| B. Apply cold compress. | D. Go to the doctor immediately. |

_____ 10. Walking, running and Zumba exercises will give you the following benefits, except:

- | | |
|-----------------------------------|----------------------------|
| A. It boosts your heart's health. | C. It helps you de-stress. |
| B. It makes you moody. | D. It burns calories. |

_____ 11. Which of the following best describes brisk walking?

- A. Running fast
- B. Walking in relax mode

- C. Walking on a quick pace
- D. Running with walking

- _____ 12. The following are examples of moderate to vigorous exercises, except
- A. Slow walking to fast walking
 - B. Walking to jogging
 - C. Biking to weight lifting
 - D. Stretching to playing basketball
- _____ 13. Which of the following will not improve your personal fitness program?
- A. Exercising at moderate intensities
 - B. Starting slowly
 - C. Engaging in high-impact, weight-bearing activities
 - D. Making your program convenient
- _____ 14. The following are importance and benefits of warm-up exercises, except
- A. It will increase your temperature.
 - B. It will prevent risk of injuries.
 - C. It will increase range of motion.
 - D. It will lower blood pressure.
- _____ 15. In running exercise, what fitness component is mostly required of you?
- A. Agility
 - B. Strength
 - C. Coordination
 - D. Cardiovascular endurance
- _____ 16. Which is the best strategy for improving the flexibility of the body?
- A. Perform different stretching exercises targeting multiple areas.
 - B. Perform stretching exercises in between strength-building exercise.
 - C. Perform the same exercise over and over until the target is reached.
 - D. Perform a set of routine exercises, targeting only one area of the body.
- _____ 17. Which is not a good body composition?
- A. Improve muscle endurance
 - B. Increase range of motion
 - C. Increase range of movement
 - D. Weightlifting for muscles
- _____ 18. Which of the following exercises is best for improving muscular strength and endurance?
- A. Bicycling
 - B. Running
 - C. Push-ups
 - D. Walking
- _____ 19. In which type of events do athlete race over short distances?
- A. Hurdles
 - B. Long-distance
 - C. Middle-distance
 - D. Sprints
- _____ 20. Long Jump, Triple Jump, High Jump and Pole Vault are examples of what event in Track and Field?
- A. Hurdles
 - B. Jumps
 - C. Sprint
 - D. Throws
- _____ 21. The following are health-related fitness test. Which is for cardiovascular endurance?
- A. 1-km run
 - B. Push-ups
 - C. Squats
 - D. Sit and Reach
- _____ 22. Rain is an athlete and she must leap over a number of barriers that is placed at specific area around the track. What event is she in?

- A. 100-m dash
- B. Hurdles

- C. Relays
- D. Shotput

_____ 23. Aleyra is an athlete that throws a heavy disc in attempt to mark a farther distance than her competitors. What event is she in?

- A. Discus Throw
- B. Javelin Throw
- C. Long Jump
- D. Shot-put

_____ 24. Which field event combines athletes' speed, strength, and agility in attempt to leap as far as possible from a take-off point.

- A. Discus Throw
- B. Long Jump
- C. Javelin Throw
- D. Triple Jump

_____ 25. In which field event does an athlete use a flexible pole as an aid to jump over a horizontal bar?

- A. Discus Throw
- B. Long Jump
- C. Pole Vault
- D. Triple Jump

_____ 26. Kiel has been running five times a week with his track team to improve his mile run time. Which health-related fitness components is he working on?

- A. Cardiovascular Endurance
- B. Flexibility
- C. Muscular Endurance
- D. Muscular Strength

_____ 27. Which meter races are considered sprints?

- A. 100, 200, 400
- B. 110, 210, 410
- C. 150, 250, 350
- D. 200, 300, 500

_____ 28. What is cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition components of?

- A. Body Mass Index
- B. Flexibility
- C. Health-Related Fitness
- D. Skill-Related Fitness

_____ 29. Which skill enables one to become and stay physically healthy?

- A. Body Mass Index
- B. Flexibility
- C. Health-Related Fitness
- D. Skill-Related Fitness

_____ 30. What term is used to describe running, throwing and jumping events?

- A. Athletics
- B. Meeting
- C. Relays
- D. Track and Field

_____ 31. Performing different stretching exercises that are targeting the multiple areas of the body is the best strategy for improving the _____.

- A. Cardiovascular endurance
- B. Flexibility
- C. Muscular endurance
- D. Muscular strength

_____ 32. Good body composition includes _____.

- A. increase range of motion
- B. increase range of movement
- C. weightlifting for muscles
- D. All of the Above

_____ 33. Push-ups are the best exercise when improving _____.

- A. Cardiovascular endurance
- B. Muscular strength and endurance
- C. Body composition
- D. Flexibility

_____ 34. Sprint is a type of event where in the athlete runs over _____.

- A. An obstacle
- B. Long distance
- C. Short distance
- D. None of the Above

- _____ 35. Jumping events in athletics includes _____.
A. Hop, hog, walk
B. Discus throw, hammer throw, javelin throw
C. High jump, long jump, pole vault, triple jump
D. Hurdles, long distance, middle distance, relay, sprint
- _____ 36. The following are exercises to improve cardiovascular endurance. Which does not belong to the group?
A. Power Walking
B. Running
C. Swimming
D. Weightlifting
- _____ 37. Mel wants to improve her cardiovascular endurance. What program should she include in her training routine?
A. Aerobic Training
B. Agility Training
C. Flexibility Training
D. Strength Training
- _____ 38. Which is the standard distance of hurdler race for men?
A. 80 and 100m
B. 100 and 400m
C. 110 and 400m
D. 150 and 250m
- _____ 39. Where did athletics originate?
A. Ancient Greece
B. Ancient Rome
C. Britain
D. Russia
- _____ 40. The following are the different events in athletics. Which of these is a field event?
A. High Jump
B. Relay
C. Shotput
D. Triple Jump
- _____ 41. It is the amount of the muscle that can produce.
A. Muscular Endurance
B. Muscular Strength
C. Power
D. Speed
- _____ 42. 100, 200, 400m are considered _____.
A. Long distance
B. Middle distance
C. Relay
D. Sprints
- _____ 43. Lee wants to improve power. Which health-related component should he focus on?
A. Cardiovascular Endurance
B. Flexibility
C. Muscular Endurance
D. Muscular Strength
- _____ 44. Health-related fitness refers to the _____.
A. Ability to do well in activities and sports.
B. Skills that enables one to become and stay physically healthy.
C. Ability of the muscles to perform against a force over an extended period of time.
D. Maximum amount of force of the muscles that can produce in a single effort.
- _____ 45. Chloe monitors her target heart rate. What part of fitness does she measure?
A. Intensity for flexibility
B. Time for cardiovascular endurance
C. Frequency for muscular endurance
D. Intensity for cardiovascular endurance

- _____46. What country sweeps the gold medal in Arnis in the 2019 South East Asian Games?
- A. Indonesia
B. Malaysia
C. Philippines
D. Thailand
- _____47. Who approved the law of making Arnis as the National Sports of the Philippines?
- A. President Benigno Aquino III
B. President Corazon Aquino
C. President Gloria Arroyo
D. President Rodrigo Duterte
- _____48. Who is the founder of Arnis in the Philippines?
- A. Brandon Vera
B. Manny Pacquiao
C. Miguel Zubiri
D. Remy Presas
- _____49. What term is used to address the player of Arnis?
- A. Arnisado
B. Arnisador
C. Arnisan
D. Arnis Mano
- _____50. What is the primary weapon used in Arnis made of?
- A. Kamagong
B. Kawayan
C. Narra
D. Rattan
- _____51. What is the length of the stick used in Arnis?
- A. 50 cm to 90 cm
B. 60 cm to 90 cm
C. 70 cm to 90 cm
D. 80 cm to 90 cm
- _____52. The playing area of Arnis is a square shape space and clear from obstruction. What should be its measurement?
- A. 8.0 m X 8.0 m
B. 8.5 m X 8.5 m
C. 9.0 m X 9.0 m
D. 9.5 m X 9.5 m
- _____53. Which is not a benefit of playing arnis?
- A. Effective self defense
B. Develops flexibility and a slim body.
C. Arnis contributes to the development of physical fitness
D. Develops mental qualities such as alertness and precision.
- _____54. In Arnis the term Largo stands for long range. What does Corto stand for?
- A. mMedium range
B. Short
C. Very long
D. Very short
- _____55. What is a skill in Arnis where in the Arnisador will form a weaving movement using their stick?
- A. Espada y Daga
B. Mano y mano
C. Pugay
D. Sinawali
- _____56. Which is a form of salutation or greetings between Arnisador?
- A. Mano y mano
B. Pugay
C. Salamat
D. Walang anuman
- _____57. Which is not included in the different stances in Arnis?
- A. Lunge stance
B. Oblique stance
C. Side stance
D. Straddle stance
- _____58. What is a combination of pre-arranged or choreographed striking, blocking and body shifting techniques established goals that can be achieved in a very short time?
- A. Anyo
C. Mano y Mano

B. Arnis

D. Sagupaan

- _____ 59. Strike 4 is a strike to what area of the opponent?
A. To the center
B. To the right chest
C. To the right knee
D. To the right temple
- _____ 60. What is the 1st strike of the 12 striking point in Arnis?
A. Strike to the crown of the head
B. Strike to the left temple
C. Strike to the right eye
D. Strike to the shoulder
- _____ 61. Which is not included in the names Arnis have been known for in different Filipino regional languages?
A. Eskrima
B. Garote
C. Kali
D. Sibat
- _____ 62. In what year was Arnis declared as the national sports of the Philippines?
A. 2007
B. 2008
C. 2009
D. 2010
- _____ 63. Who is the chairman and president of the Arnis federation in the Philippines?
A. Gloria Macapagal Arroyo
B. Manny Pacquiao
C. Miguel Zubiri
D. Tito Sotto
- _____ 64. What does PEKAF, the governing body of Arnis in the Philippines stand for?
A. Philippine Eskrima Kali Arnis Federation
B. Philippine Eskrimahan Kali Arnis Federation
C. Philippine Eskrimahan Kali Arnisador Federation
D. Philippine Eskrima Kalihan Arnisador Federation
- _____ 65. Which refers to a pair of protective head gear to include an impact-worthy face mask?
A. Face mask
B. Head protector
C. Mask
D. Mask protector
- _____ 66. Which term used in Arnis which means Grappling or Wrestling?
A. Anyo
B. Dumog
C. Laban
D. Sagupa
- _____ 67. Which is often referred to as empty hand, Kamao (knuckles) used in fighting?
A. Dagger
B. Duelo
C. Mano y mano
D. Sparring
- _____ 68. Which is a form of salutation or greeting between practitioners?
A. Anyo
B. Duelo
C. Kamusta
D. Pugay
- _____ 69. What is a combination of pre-arranged or choreographed striking, blocking and body shifting techniques established goals that can be achieved in a very short time?
A. Anyo
B. Arnis
C. Man y Mano
D. Sagupaan
- _____ 70. Which one of the stances that mimics position when riding on a horse back?
A. Forward stance
B. Ready stance
C. Side stance
D. Straddle stance