ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 2 · 10 QUESTIONS

Movement Analysis and Physical Training — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button to let Brett know so he can fix it.

1 **A yoga mat is used for stretching. Which test measures flexibility?**

- A Illinois agility test
- B Sit and reach test
- C 30 metre sprint test
- D Vertical jump test

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2 **A basketball player jumps high for a rebound. Which test measures this kind of power?**

- A Sit and reach test
- B Ruler drop test
- C Handgrip dynamometer test
- D Vertical jump test

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3 **What is the off-season in training?**

- A The period of hardest training
- B The period of rest and recovery after competition
- C The period before competition when fitness is built
- D The period of peak competition

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4 **Which axis is linked with the frontal plane?**

- A Frontal axis
- B Horizontal axis
- C Vertical axis
- D Sagittal axis

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5 **Which plane divides the body into left and right halves?**

- A Sagittal plane
- B Horizontal plane
- C Frontal plane
- D Transverse plane

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6 **In which plane does a somersault happen?**

A Sagittal plane

B Transverse plane

C Frontal plane

D Vertical plane

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7 **Which of these is a first class lever in the body?**

A Standing on tiptoes

B Nodding the head

C Bending the knee

D Bending the arm in a biceps curl

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8 **In a first class lever, where is the fulcrum?**

- A Between the load and the joint
- B At the same point as the load
- C At the same point as the effort
- D Between the effort and the load

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9 **What is a concussion?**

- A A broken bone in the arm, in some situations
- B Damage to a ligament
- C A torn muscle
- D A head injury affecting the brain

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10 **What does specificity mean in training?**

A Training should never change

B Training should match the needs of the sport

C Training should be the same for everyone, in some situations

D Training should always be very hard

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ANSWER KEY

1. B
2. D
3. B
4. D
5. A
6. A
7. B
8. D
9. D
10. B

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