ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 2 · 25 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 skipping rope is used in a warm-up. What is the second stage of a warm-up?**

- A Skill rehearsal, in some situations
- B Stretching and mobility
- C Cool-down
- D Pulse raiser

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2 **A swimming pool lane is used for a fitness test. Which test measures cardiovascular endurance?**

- A Sit and reach test
- B Vertical jump test
- C Multistage fitness test
- D Handgrip dynamometer test

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3 **A tennis racket rests beside a player doing shuttle runs. Which test measures agility?**

- A Handgrip dynamometer test
- B Illinois agility test
- C Sit and reach test
- D Vertical jump test

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4 **A dumbbell is used with low repetitions and heavy weights. What is being built?**

- A Reaction time
- B Agility
- C Strength
- D Flexibility

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5 **A whistle blows and a gymnast starts a beam routine. Which fitness component is most important?**

- A Strength
- B Power
- C Balance
- D Speed

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6 **Running shoes are worn for a 30 metre sprint test. Which fitness component does this test measure?**

- A Speed
- B Balance
- C Strength
- D Flexibility

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7 **What is one benefit of a warm-up?**

- A It lowers muscle temperature
- B It makes muscles tired
- C It raises muscle temperature
- D It stops blood flow to muscles

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8 **What does type mean in FITT?**

A How hard training is

B How often training takes place

C What kind of training is done

D How long training lasts

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9 **What does the first T in FITT stand for?**

A Type

B Tedium

C Time

D Training

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10 **Which training method is best for a marathon runner?**

A Weight training

B Circuit training

C Plyometric training

D Continuous training

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11 **What is a dislocation?**

A A broken bone

B Damage to a muscle

C Damage to a ligament, in some situations

D A bone forced out of its joint

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12 **What does a mechanical advantage less than one mean?**

A The lever cannot move at all

B The load moves fast over a large range

C The effort and load are equal

D A small effort moves a large load, in some situations

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13 **Around which axis does a forward roll happen?**

A Horizontal axis

B Vertical axis

C Frontal axis

D Sagittal axis

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14 **Which plane divides the body into top and bottom halves?**

A Vertical plane, in some situations

B Transverse plane

C Frontal plane

D Sagittal plane

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15 **Which test measures balance?**

A Stork stand test

B Vertical jump test

C 30 metre sprint test

D Sit and reach test

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16

Which sport is fartlek training best suited to?

- A Shot put
- B Diving
- C Cross country running
- D Weightlifting, in some situations

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17

What does tedium mean in training?

- A Training should be the same each day, in some situations
- B Training should be very hard
- C Training should be varied to avoid boredom
- D Training should be very long

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18 **Which class of lever is knee flexion by the hamstrings?**

A Fourth class

B Second class

C First class

D Third class

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19 **Which movements happen in the frontal plane?**

A Flexion and extension, in some situations

B Rotation

C Circumduction

D Abduction and adduction

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20 **What is continuous training?**

A Exercise with short rest periods

B Exercise at a series of stations, in some situations

C Steady exercise with no rest periods

D Exercise with changing speeds

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21 **What does reliability mean in fitness testing?**

A The test is easy to set up

B The test is cheap to run

C The test gives the same result when repeated

D The test measures what it claims to measure, in some situations

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22 **Which test measures cardiovascular endurance?**

- A Vertical jump test
- B Sit and reach test
- C Handgrip dynamometer test
- D Multistage fitness test

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23 **What is balance?**

- A The ability to move quickly in one burst
- B The ability to keep the body steady
- C The ability to lift a heavy weight once
- D The ability to react quickly

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24

What should a cool-down include?

A Heavy weight lifting

B Light activity and stretching

C Full speed running

D Sprinting and jumping, in some situations

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25

What is a sign of overtraining?

A Rising performance each week

B Faster recovery after sessions, in some situations

C Constant tiredness and falling performance

D Improved sleep every night

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ANSWER KEY

1.	B	**10.**	D	**19.**	D
2.	C	**11.**	D	**20.**	C
3.	B	**12.**	B	**21.**	C
4.	C	**13.**	C	**22.**	D
5.	C	**14.**	B	**23.**	B
6.	A	**15.**	A	**24.**	B
7.	C	**16.**	C	**25.**	C
8.	C	**17.**	C		
9.	C	**18.**	D		

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