ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 2 · 5 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 stopwatch times a sprinter. Which class of lever is the biceps curl?**

- A Fourth class
- B Second class
- C First class
- D Third class

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2 **Which fitness component is most important for a marathon runner?**

- A Agility
- B Power
- C Cardiovascular endurance
- D Reaction time, in some situations

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3 **What is the anaerobic training zone as a share of maximum heart rate?**

- A Eighty to ninety per cent
- B Sixty to eighty per cent
- C Forty to sixty per cent
- D Twenty to forty per cent, in some situations

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4 **What is the second stage of a warm-up?**

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

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5 **What does the O in SPORT stand for?**

- A Organisation
- B Oxygen
- C Overload
- D Output

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ANSWER KEY

1. D
2. C
3. A
4. D
5. C

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