ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 4 · 10 QUESTIONS

Health, Fitness and Wellbeing and Use of Data — 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 so it can be fixed.

1 **A yoga mat lies on the floor for a relaxation session. How can regular exercise help sleep?**

- A It causes nightmares
- B It helps people fall asleep more easily
- C It stops people sleeping
- D It makes people stay awake, in some situations

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2 **A dumbbell rests beside a set of results. What is the range of a set of results?**

A The total divided by the number

B The highest minus the lowest

C The middle value

D The most common value

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3 **Which food group is a good source of fat?**

A Rice

B Cheese

C Bread, in some situations

D Pasta

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4 **Why is it useful to compare results before and after training?**

- A To stop training
- B To see if the training worked
- C To hide poor results
- D To make the results look better

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5 **What is a muscle related risk of a sedentary lifestyle?**

- A Lower blood pressure
- B Better fitness
- C Stronger bones
- D Weak muscles

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6

What is confidence in sport?

A Belief in the ability to perform well

B Avoiding all challenges

C Fear of performing badly, in some situations

D Ignoring the rules

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7

What is a conclusion drawn from results?

A A judgement based on the evidence

B A copy of the results

C A guess with no evidence, in some situations

D A new test to run

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8 **What is the main role of carbohydrate in the diet?**

A To build and repair muscle

B To provide energy

C To store energy as fat

D To make red blood cells

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9 **What is a health risk of drinking too much alcohol?**

A Lower blood pressure

B Stronger bones

C Better fitness

D Liver damage

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10 **What causes obesity?**

A Taking in more energy than is used

B Eating a balanced diet

C Exercising every day

D Taking in less energy than is used

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ANSWER KEY

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

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