ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 4 · 25 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 swimming pool session helps a swimmer relax. How can exercise help with stress?**

- A It makes sleep worse
- B It stops all feelings
- C It releases feel-good chemicals in the brain
- D It raises blood pressure for good, in some situations

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2 **A whistle blows and a coach looks at the results. What is the mean of a set of results?**

- A The highest minus the lowest, in some situations
- B The middle value
- C The most common value
- D The total divided by the number of results

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3 **A cricket bat is used in a club survey. What is a questionnaire used for?**

- A Measuring heart rate
- B Collecting opinions from a group of people
- C Measuring jump height, which can happen in some cases
- D Timing a sprint

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4 **A football player drinks water during a match. What is dehydration?**

A Losing more fluid than is taken in

B Gaining weight through eating

C Losing muscle through exercise

D Taking in more fluid than is lost, in some situations

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5 **A yoga mat is used in a calm class. What is emotional well-being?**

A How fast a person can run

B How happy and confident a person feels

C How many friends a person has, in some situations

D How healthy the body is

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6 **A dumbbell is lifted by a performer who eats well. Which mineral is needed for strong bones and teeth?**

- A Sodium
- B Iron
- C Potassium
- D Calcium

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7 **Which food group is a good source of carbohydrate?**

- A Pasta
- B Chicken
- C Cheese
- D Eggs

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8 **What does it mean if results show a negative correlation?**

- **A** The values are unrelated
- **B** The values never change
- **C** As one value rises, the other falls
- **D** As one value rises, the other rises

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9 **What is a benefit of team sport for social well-being?**

- **A** A stronger heart, in some situations
- **B** Lower body fat
- **C** A sense of belonging
- **D** Better sleep

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10 **Which somatotype is best suited to long distance running?**

A Ectomorph

B Mesomorph

C None of these

D Endomorph

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11 **What is a physical benefit of regular exercise?**

A More friends

B More confidence, in some situations

C A stronger heart

D Better mood

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12 **What is the benefit of presenting results clearly?**

- A Results are harder to read
- B Patterns are harder to see
- C Mistakes are hidden
- D Patterns are easier to see

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13 **What is secondary data?**

- A Data from an interview
- B Data from a fitness test
- C Data collected by someone else
- D Data collected first hand, in some situations

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14 **The scores are 4, 6, 8, 10 and 12. What is the mean?**

A Eight

B Twelve

C Ten

D Six

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15 **How does smoking affect sporting performance?**

A It increases lung capacity

B It reduces oxygen delivery to muscles

C It improves oxygen delivery, in some situations

D It has no effect

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16 **The times are 10, 12, 12, 14 and 16 seconds. What is the mean?**

A Fourteen, in some situations

B Twelve

C Twelve point eight

D Eleven

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17 **Which vitamin helps the immune system?**

A Vitamin B

B Vitamin A

C Vitamin D

D Vitamin C

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18 **The results show that heart rate rises as exercise gets harder. What does this show?**

A Heart rate falls as exercise gets harder

B The heart works less as exercise gets harder, in some situations

C The heart works harder as exercise intensity rises

D Exercise has no effect on the heart

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19 **What is obesity?**

A Being very tall

B Having excess body fat that harms health

C Having strong muscles, in some situations

D Having low body fat

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20

What is a limitation of BMI?

A It only works for children

B It is hard to work out

C It does not separate muscle from fat

D It needs expensive equipment, in some situations

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21

What is an endomorph?

A A body type with a slim frame and low body fat, in some situations

B A body type with a wide frame and high body fat

C A body type with a muscular frame

D A body type with long thin limbs

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22 **What is the main role of protein in the diet?**

A To build and repair muscle

B To make red blood cells, in some situations

C To provide quick energy

D To store energy as fat

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23 **Which of these is a social benefit of taking part in sport?**

A Better mood

B A stronger heart, in some situations

C Lower body fat

D Learning teamwork skills

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24 **Which of these is a macronutrient?**

A Carbohydrate

B Calcium

C Iron

D Vitamin C, in some situations

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25 **What is physical well-being?**

A How much money a person has

B How many friends a person has

C How healthy the body is

D How happy a person feels

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ANSWER KEY

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

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