ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 4 · 5 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 cricket bat rests beside a lunch of pasta. How is carbohydrate stored in the body?**

- A As protein in the bones, in some situations
- B As fat in the blood
- C As glycogen in the muscles and liver
- D As water in the skin

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2 **What is a health risk of smoking?**

A Lower blood pressure

B Better fitness

C Lung disease

D Stronger bones

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3 **The scores are 2, 4, 6, 8 and 10. What is the mean?**

A Eight

B Six

C Ten

D Four

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4 **What is observation used for in sport?**

- A Asking for opinions
- B Watching and recording performance
- C Timing a sprint
- D Measuring heart rate, in some situations

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5 **Why might a single unusual result be checked again?**

- A It should always be kept
- B It proves the test worked
- C It is always the best result, in some situations
- D It could be a mistake in measuring

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ANSWER KEY

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

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