ENGLAND GCSE PHYSICAL EDUCATION AQA · FINAL EXAM · 50 QUESTIONS

# Final Exam — 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 yoga mat is used for a long held stretch. Which type of muscle contraction holds the muscle at the same length?**

- A Eccentric
- B Isometric
- C Concentric
- D Dynamic

Understand It with Pulse | Flag a mistake

**2** **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

Understand It with Pulse | Flag a mistake

3 **A swimming pool hosts a beginner lesson. What type of guidance is using floats to support a swimmer?**

- A Visual guidance
- B Mechanical guidance
- C Manual guidance, in some situations
- D Verbal guidance

Understand It with Pulse | Flag a mistake

4 **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

Understand It with Pulse | Flag a mistake

5 **Running shoes cross the finish line of a 100 metre sprint. Which energy system is mainly used?**

- A ATP-PC system
- B Fat oxidation system
- C Aerobic system
- D Lactic acid system

Understand It with Pulse | Flag a mistake

6 **Which test measures balance?**

- A Stork stand test
- B Vertical jump test
- C 30 metre sprint test
- D Sit and reach test

Understand It with Pulse | Flag a mistake

7 **A bicycle rider follows a team plan in a race. What is a process goal?**

- A A goal about winning only
- B A goal about the final result
- C A goal about technique and actions
- D A goal about personal performance, in some situations

Understand It with Pulse | Flag a mistake

8 **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

Understand It with Pulse | Flag a mistake

9 **Which muscle lifts the arm sideways at the shoulder?**

- A Pectoral
- B Deltoid
- C Triceps
- D Biceps

Understand It with Pulse | Flag a mistake

10 **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

Understand It with Pulse | Flag a mistake

11 **What share of the GCSE is Paper 2 worth?**

A Thirty per cent

B Fifty per cent

C Forty per cent

D Twenty per cent

Understand It with Pulse | Flag a mistake

12 **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

Understand It with Pulse | Flag a mistake

13 **A basketball player jumps for a rebound. Which muscle straightens the knee for the jump?**

- A Quadriceps
- B Hamstrings
- C Tibialis anterior
- D Triceps

Understand It with Pulse | Flag a mistake

14 **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

Understand It with Pulse | Flag a mistake

15 **What is a benefit of technology in sport?**

A Higher ticket prices

B Longer delays in play

C Fairer decisions by officials

D Less accuracy in decisions, in some situations

Understand It with Pulse | Flag a mistake

16 **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

Understand It with Pulse | Flag a mistake

17 **Which pair is antagonistic at the ankle?**

- A Gastrocnemius and tibialis anterior
- B Biceps and triceps
- C Deltoid and pectoral
- D Quadriceps and hamstrings, in some situations

Understand It with Pulse | Flag a mistake

18 **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

Understand It with Pulse | Flag a mistake

19 **What is knowledge of results?**

A Feedback from within the performer, in some situations

B Feedback about the technique used

C Feedback about the outcome of a movement

D Feedback given before a movement

Understand It with Pulse | Flag a mistake

20 **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

Understand It with Pulse | Flag a mistake

**21** **Where does gaseous exchange happen in the blood system?**

- A In the capillaries
- B In the heart
- C In the veins
- D In the arteries, in some situations

Understand It with Pulse | Flag a mistake

**22** **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

Understand It with Pulse | Flag a mistake

**23** **What is the role of WADA in sport?**

- A It makes the rules of football, in some situations
- B It trains the players
- C It leads the fight against doping in sport
- D It sells tickets to fans

Understand It with Pulse | Flag a mistake

**24** **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

Understand It with Pulse | Flag a mistake

25 **Which muscle points the toes down at the ankle?**

A Gastrocnemius

B Hamstrings

C Tibialis anterior

D Quadriceps

Understand It with Pulse | Flag a mistake

26 **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

Understand It with Pulse | Flag a mistake

27 **What is a gross motor skill?**

A A skill with no movement

B A skill using small muscles

C A skill using the fingers only, in some situations

D A skill using large muscle groups

Understand It with Pulse | Flag a mistake

28 **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

Understand It with Pulse | Flag a mistake

29 **How many chambers does the heart have?**

A Four

B Five

C Three

D Two

Understand It with Pulse | Flag a mistake

30 **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

Understand It with Pulse | Flag a mistake

31 **A dumbbell rests beside a poster about fair play. What is sportsmanship?**

A Bending the rules to win, in some situations

B Fair play, respect and honesty in sport

C Wasting time to win

D Cheating to win

Understand It with Pulse | Flag a mistake

32 **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

Understand It with Pulse | Flag a mistake

33 **Which chamber pumps blood to the whole body?**

A Left atrium

B Right atrium

C Right ventricle

D Left ventricle

Understand It with Pulse | Flag a mistake

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

A Agility

B Power

C Cardiovascular endurance

D Reaction time, in some situations

Understand It with Pulse | Flag a mistake

35

## What is visual guidance?

A Telling a learner what to do

B Physically moving a learner

C Using equipment to support a learner

D Showing a learner a demonstration

Understand It with Pulse | Flag a mistake

36

## 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

Understand It with Pulse | Flag a mistake

37 **Which energy system needs oxygen to work?**

A Lactic acid system

B ATP-PC system

C Glycolytic system

D Aerobic system

Understand It with Pulse | Flag a mistake

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

A Organisation

B Oxygen

C Overload

D Output

Understand It with Pulse | Flag a mistake

39 **A basketball player shoots a free throw. What type of guidance is a coach demonstrating the shot?**

- A Verbal guidance
- B Mechanical guidance
- C Manual guidance
- D Visual guidance

Understand It with Pulse | Flag a mistake

40 **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

Understand It with Pulse | Flag a mistake

41 **Which blood cells carry oxygen around the body?**

- A White blood cells
- B Red blood cells
- C Plasma
- D Platelets

Understand It with Pulse | Flag a mistake

42 **What is the off-season in training?**

- A The period of hardest training
- B The period of rest and recovery after competition
- C The period before competition when fitness is built
- D The period of peak competition

Understand It with Pulse | Flag a mistake

43 **What is verbal guidance?**

A Showing a learner a demonstration

B Using equipment to support a learner

C Physically moving a learner

D Telling a learner what to do

Understand It with Pulse | Flag a mistake

44 **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

Understand It with Pulse | Flag a mistake

**45** **What happens to a muscle when it contracts concentrically?**

- A It stays the same length
- B It lengthens
- C It relaxes fully
- D It shortens

Understand It with Pulse | Flag a mistake

**46** **In which plane does a somersault happen?**

- A Sagittal plane
- B Transverse plane
- C Frontal plane
- D Vertical plane

Understand It with Pulse | Flag a mistake

47

## What is a basic skill?

A A skill that is hard to learn, in some situations

B A skill using small muscles

C A simple skill with few decisions

D A skill with many decisions

Understand It with Pulse | Flag a mistake

48

## What is a health risk of drinking too much alcohol?

A Lower blood pressure

B Stronger bones

C Better fitness

D Liver damage

Understand It with Pulse | Flag a mistake

**49** **What is a normal blood pressure reading?**

- **A** Sixty over forty
- **B** One hundred and twenty over eighty
- **C** Two hundred over one hundred
- **D** Eighty over one hundred and twenty

Understand It with Pulse | Flag a mistake

**50** **What is a concussion?**

- **A** A broken bone in the arm, in some situations
- **B** Damage to a ligament
- **C** A torn muscle
- **D** A head injury affecting the brain

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# ANSWER KEY

1. B
2. A
3. B
4. D
5. A
6. A
7. C
8. D
9. B
10. C
11. A
12. C
13. A
14. D
15. C
16. D
17. A
18. B
19. C
20. C
21. A
22. C
23. C
24. B
25. A
26. C
27. D
28. A
29. A
30. B
31. B
32. C
33. D
34. C
35. D
36. B
37. D
38. C
39. D
40. B
41. B
42. B
43. D
44. A
45. D
46. A
47. C
48. D
49. B
50. D

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