ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 2 · 10 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 tennis racket is swung with a twist of the body. In which plane does the twist happen?**

- **A** Sagittal plane
- **B** Diagonal plane, in some situations
- **C** Frontal plane
- **D** Transverse plane

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2 **A cricket bat is used by a batter who reacts to a fast ball. Which test measures reaction time?**

A Ruler drop test

B Wall toss test

C Sit and reach test

D Stork stand test

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3 **What is cardiovascular endurance?**

A The ability to change direction quickly

B The ability to exert maximum force in one effort, which can happen in some cases

C The ability of the heart and lungs to supply oxygen during sustained exercise

D The ability to keep balance while moving

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4 **Why is fitness testing useful for a performer?**

- A It identifies strengths and weaknesses and sets a baseline
- B It prevents all injuries
- C It guarantees a win in competition, which can happen in some cases
- D It replaces training

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5 **What does a warm up do to the risk of injury?**

- A It reduces the risk of injury
- B It has no effect on injury risk
- C It guarantees no injury
- D It increases the risk of injury

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6 **A cartwheel happens in which plane?**

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

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7 **A twist in a dive happens in which plane?**

- A Frontal plane
- B Transverse plane
- C Sagittal plane
- D Diagonal plane, in some situations

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8 **In a second class lever, which is at the end of the lever?**

- A The fulcrum
- B The effort
- C The joint
- D The load

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

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

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10 **What is the effort in a lever system?**

A The pivot point

B The joint used

C The resistance moved, in some situations

D The force applied to move the load

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ANSWER KEY

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

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