ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 2 · 25 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 swimming pool session starts with a warm up. What is a benefit of the warm up?**

- **A** It raises muscle temperature
- **B** It removes lactic acid at once
- **C** It lowers muscle temperature
- **D** It stops sweating

Understand It with Pulse | Flag a mistake

2 **A stopwatch times a multi-stage fitness test. Which fitness component does this test measure?**

- A Power
- B Cardiovascular endurance
- C Flexibility, in some situations
- D Agility

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3 **A cricket bat is swung and the batter twists the body. Around which axis does the twist happen?**

- A Longitudinal axis
- B Diagonal axis
- C Transverse axis, in some situations
- D Sagittal axis

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4 **A skipping rope is used for a warm up. What does a warm up do to injury risk?**

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

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5 **A pair of running shoes is used for a 30 metre sprint test. Which fitness component does this test measure?**

- A Balance
- B Speed
- C Coordination
- D Flexibility

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6 **A basketball player practises short sprints with rest between each one. Which method of training is this?**

- A Weight training
- B Interval training
- C Continuous training
- D Fartlek training

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7 **Why is stretching included in a warm up?**

- A To reduce blood flow
- B To cool the muscles down, which can happen in some cases
- C To lower heart rate
- D To increase flexibility and prepare the muscles

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8 **Which sporting action uses a first class lever at the neck?**

A Standing on tiptoe

B Kicking a ball

C Nodding the head

D Bending the elbow

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9 **What does a mechanical advantage greater than one mean?**

A The lever gives a speed advantage

B The lever cannot move

C The lever gives no advantage

D The lever gives a force advantage

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10 **Which method of training is best for improving power in a jumper?**

A Static stretching

B Fartlek training

C Plyometric training

D Continuous training

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11 **Movements in the transverse plane happen around which axis?**

A Transverse axis, in some situations

B Frontal axis

C Longitudinal axis

D Sagittal axis

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12 **Which FITT factor would a coach change to make sessions harder?**

- A Intensity
- B Type only
- C Time only
- D Frequency only

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13 **Which fitness components does circuit training mainly improve?**

- A Flexibility only
- B Balance only
- C Reaction time only, in some situations
- D Muscular endurance and strength

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14 **Which of these is a health related fitness component?**

- A Reaction time, in some situations
- B Agility
- C Balance
- D Cardiovascular endurance

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15 **What is coordination?**

- A The ability to react quickly
- B The ability to use two or more body parts together smoothly
- C The ability to keep the body steady, which can happen in some cases
- D The ability to exert maximum force

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16 **Which fitness component does plyometric training mainly improve?**

A Flexibility

B Balance

C Coordination

D Power

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17 **What does intensity mean in training?**

A How hard the training is

B How often training takes place

C What type of training is used

D How long each session lasts

Understand It with Pulse | Flag a mistake

18 **What is circuit training?**

A A series of exercise stations performed in turn

B Lifting weights only

C Steady running at one pace

D Sprinting with rest periods, which can happen in some cases

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19 **What is the transverse plane?**

A The plane that divides the body into front and back

B The plane that divides the body into top and bottom

C The plane that divides the body into upper and lower limbs

D The plane that divides the body into left and right

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20 **Which principle means fitness gains are lost when training stops?**

- A Specificity
- B Reversibility
- C Overload
- D Progression, in some situations

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21 **What does time mean in training?**

- A How hard the training is
- B How often training takes place, in some situations
- C What type of training is used
- D How long each training session lasts

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22 **A full twist in gymnastics happens around which axis?**

- A Diagonal axis
- B Longitudinal axis
- C Sagittal axis
- D Transverse axis, in some situations

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23 **What is a benefit of a warm up?**

- A It lowers muscle temperature
- B It removes lactic acid at once, which can happen in some cases
- C It raises muscle temperature and prepares the body
- D It stops sweating

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24 **Which class of lever has a mechanical advantage greater than one?**

A Third class

B No class

C Second class

D First class always

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25 **Which fitness component is most important for a gymnast on a beam?**

A Body composition

B Balance

C Muscular strength

D Cardiovascular endurance

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ANSWER KEY

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

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