ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 2 · 5 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 basketball player jumps high to rebound. Which fitness component is most important for the jump?**

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

Understand It with Pulse | Flag a mistake

2 **Which test measures muscular endurance of the abdominals?**

A Sit and reach test

B Sit up test

C Standing broad jump

D Grip dynamometer test

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3 **Which test measures agility?**

A Illinois agility test

B Wall toss test

C Ruler drop test

D Stork stand test, in some situations

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4 **Which class of lever is most common in the human body?**

A Third class

B Fourth class

C First class

D Second class

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5 **Why do third class levers have a mechanical advantage less than one?**

A The fulcrum is in the middle

B The effort arm is longer than the load arm, in some situations

C The load is in the middle

D The effort arm is shorter than the load arm

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ANSWER KEY

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

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