ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · UNIT 3 · 25 QUESTIONS

Health, Fitness and Wellbeing and Sports Psychology — 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 swimming pool is used by a swimmer who practises a start over and over. Which memory stores the skill for a long time?**

- A Working memory
- B Long term memory
- C Sensory memory
- D Short term memory

Understand It with Pulse | Flag a mistake

2 **A yoga mat is used for relaxation. Which stress management technique involves picturing a successful performance?**

- A Shouting
- B Avoiding practice
- C Visualisation
- D Skipping training

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3 **A cricket bat is held by a batter who watches the ball closely. Which sense is most used when watching the ball?**

- A Hearing
- B Touch
- C Smell
- D Sight

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4 **A skipping rope is used in a fitness session. Which mineral is needed for strong bones?**

- A Potassium
- B Iron
- C Sodium
- D Calcium

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5 **A dumbbell is lifted by a weightlifter. Which body type is best suited to strength events?**

- A Endomorph
- B Mesomorph
- C No body type
- D Ectomorph

Understand It with Pulse | Flag a mistake

6 **A tennis racket is held by a player who feels nervous before a match. Which technique could help them relax?**

- A Drinking less water
- B Deep breathing
- C Shouting at opponents
- D Skipping the warm up

Understand It with Pulse | Flag a mistake

7 **What does the R in SMART targets stand for?**

- A Recorded, in some situations
- B Regular
- C Rapid
- D Realistic

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8 **Which somatotype has narrow shoulders and hips?**

A Mesomorph

B Endomorph

C Ectomorph

D No somatotype

Understand It with Pulse | Flag a mistake

9 **Which is an example of a discrete skill?**

A Swimming a long distance

B A penalty kick

C Cycling

D Running

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10 **Which is an example of extrinsic motivation?**

A Winning a trophy

B Feeling satisfied

C Enjoying playing the sport

D Improving for personal pride

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11 **Which is a physical benefit of regular exercise?**

A Better teamwork

B More friends

C Higher self-esteem

D A stronger heart

Understand It with Pulse | Flag a mistake

12 **Which is an example of a continuous skill?**

- A A penalty kick
- B Running
- C A golf putt
- D A triple jump

Understand It with Pulse | Flag a mistake

13 **Which sense is most used by a performer watching the ball?**

- A Hearing
- B Smell
- C Sight
- D Touch

Understand It with Pulse | Flag a mistake

14 **What body mass index range indicates a healthy weight?**

A Under 18

B 18 to 25

C 25 to 30

D 30 or over

Understand It with Pulse | Flag a mistake

15 **What is verbal guidance?**

A Physically moving the performer

B Telling the performer how to do a skill

C Using equipment to support the performer

D Showing the performer how to do a skill

Understand It with Pulse | Flag a mistake

16 **Which foods are good sources of calcium?**

A Butter and oils

B Meat and fish

C Bread and pasta

D Milk and cheese

Understand It with Pulse | Flag a mistake

17 **How many kilocalories does one gram of fat provide?**

A Seven

B Nine

C Two

D Four

Understand It with Pulse | Flag a mistake

18

What is a sign of dehydration?

A Feeling thirsty and tired

B Sweating more than usual

C Feeling cold and shivery, in some situations

D Feeling full of energy

Understand It with Pulse | Flag a mistake

19

Why should a target be measurable?

A So progress can be checked

B So the target is never reached

C So the target is always easy

D So the target is secret

Understand It with Pulse | Flag a mistake

20 **What happens at the decision making stage of information processing?**

- A Information is received through the senses
- B The performer chooses the best response
- C Feedback is given
- D A movement is carried out

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21 **How can a performer control aggression?**

- A By ignoring the rules
- B By leaving the team
- C By shouting at opponents, in some situations
- D By using stress management techniques

Understand It with Pulse | Flag a mistake

22 **What is a simple skill?**

A A skill using large muscle groups

B A skill with few decisions and little information to process

C A skill using small precise movements

D A skill with many decisions and much information, in some situations

Understand It with Pulse | Flag a mistake

23 **Which type of sport might suit an introvert?**

A A large team sport

B A sport with big crowds

C An individual sport

D A sport needing constant talking

Understand It with Pulse | Flag a mistake

24 **Which blood pressure problem is made more likely by obesity?**

- A Stronger muscles
- B Improved flexibility
- C Better sleep
- D High blood pressure

Understand It with Pulse | Flag a mistake

25 **What is energy balance?**

- A Energy is not needed by the body
- B Energy taken in is always less than used
- C Energy taken in is always more than used
- D Energy taken in equals energy used

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ANSWER KEY

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

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