ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · 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 **What is the usual resting heart rate of an adult?**

- A Around 70 beats per minute
- B Around 200 beats per minute
- C Around 120 beats per minute
- D Around 30 beats per minute

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

Understand It with Pulse | Flag a mistake

3 **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

Understand It with Pulse | Flag a mistake

4 **A basketball coach looks at shooting results to find a weakness. Why is data useful to a coach?**

- A It guarantees a win
- B It replaces training
- C It prevents all injuries, which can happen in some cases
- D It shows strengths and weaknesses to work on

Understand It with Pulse | Flag a mistake

5 **Which type of joint is the knee?**

A Hinge

B Pivot

C Condyloid

D Ball and socket

Understand It with Pulse | Flag a mistake

6 **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

Understand It with Pulse | Flag a mistake

7 **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

8 **A skipping rope is counted in a tally during a fitness session. What is a tally used for?**

- A To count how often something happens
- B To weigh a performer
- C To time a sprint
- D To measure heart rate, in some situations

Understand It with Pulse | Flag a mistake

9 **What does plasma carry around the body?**

A Oxygen only

B Red blood cells only, in some situations

C Platelets only

D Nutrients, hormones and waste products

Understand It with Pulse | Flag a mistake

10 **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

Understand It with Pulse | Flag a mistake

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

A Swimming a long distance

B A penalty kick

C Cycling

D Running

Understand It with Pulse | Flag a mistake

12 **What is the median of a set of results?**

A The most common value

B The middle value when the results are in order

C The highest minus the lowest

D The total divided by the number of results, in some situations

Understand It with Pulse | Flag a mistake

13 **What is the middle fibre type between slow twitch and fast twitch?**

A Type 2a

B Type 2x

C Type 3

D Type 1

Understand It with Pulse | Flag a mistake

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

A Transverse axis, in some situations

B Frontal axis

C Longitudinal axis

D Sagittal axis

Understand It with Pulse | Flag a mistake

15 **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

16 **How does the media benefit performers?**

A It stops them training

B It can make them role models and increase their income

C It hides them from the public, which can happen in some cases

D It reduces their income

Understand It with Pulse | Flag a mistake

17 **Which bones meet at the elbow joint?**

A Humerus, radius and ulna

B Femur, tibia and fibula

C Humerus, scapula and clavicle

D Radius, ulna and carpals

Understand It with Pulse | Flag a mistake

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

A Reaction time, in some situations

B Agility

C Balance

D Cardiovascular endurance

Understand It with Pulse | Flag a mistake

19 **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

20 **What is a heart rate monitor used for in training?**

A To measure reaction time, in some situations

B To measure running speed

C To measure exercise intensity

D To measure jump height

Understand It with Pulse | Flag a mistake

21 **In a biceps curl, which muscle is the antagonist?**

A Biceps

B Pectorals

C Triceps

D Deltoid

Understand It with Pulse | Flag a mistake

22 **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

23 **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

24 **What is the full title of Component 2?**

- A Fitness and Body Systems
- B Practical Performance
- C Personal Exercise Programme
- D Health and Performance

Understand It with Pulse | Flag a mistake

25

What is cardiac hypertrophy?

A The heart valves weaken

B The heart muscle grows bigger and stronger

C The heart muscle shrinks

D The heart beats faster at rest, in some situations

Understand It with Pulse | Flag a mistake

26

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

Understand It with Pulse | Flag a mistake

27

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

28

Which method collects qualitative data?

A A stopwatch reading

B A fitness test

C A score count

D An interview

Understand It with Pulse | Flag a mistake

29 **Which blood vessel carries deoxygenated blood from the body to the heart?**

A Vena cava

B Aorta

C Pulmonary artery

D Pulmonary vein

Understand It with Pulse | Flag a mistake

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

A Third class

B No class

C Second class

D First class always

Understand It with Pulse | Flag a mistake

31 **A cricket bat is used by a batter who wins a trophy. What type of reward is a trophy?**

- A No reward
- B Tangible reward
- C Intrinsic reward
- D Intangible reward

Understand It with Pulse | Flag a mistake

32 **A football club gains a new sponsor. What does the sponsor give in return for advertising?**

- A Stadiums only, in some situations
- B Players only
- C Money, kit or equipment
- D Referees only

Understand It with Pulse | Flag a mistake

33 **What happens when a performer breathes out at rest?**

- **A** The diaphragm flattens and the ribs move out
- **B** The diaphragm contracts and the ribs move up
- **C** The diaphragm relaxes and the ribs move down
- **D** The intercostal muscles contract hard

Understand It with Pulse | Flag a mistake

34 **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

Understand It with Pulse | Flag a mistake

35

What is negative feedback?

A Feedback that ignores the performer

B Feedback that is always positive

C Feedback that praises what was done well

D Feedback that points out what went wrong

Understand It with Pulse | Flag a mistake

36

How does the media benefit sport?

A It hides sport from the public, in some situations

B It stops people playing sport

C It reduces interest in sport

D It raises the profile of sport and its stars

Understand It with Pulse | Flag a mistake

37 **What is plantar flexion?**

A Turning the foot outwards, in some situations

B Turning the foot inwards

C Pointing the toes upwards

D Pointing the toes downwards

Understand It with Pulse | Flag a mistake

38 **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

Understand It with Pulse | Flag a mistake

39 **A dumbbell is lifted by a performer who wants stronger muscles. Which food group is most important for muscle repair?**

- A Protein
- B Fat
- C Fibre
- D Carbohydrate

Understand It with Pulse | Flag a mistake

40 **A tennis racket is used in a match where Hawk-Eye checks a call. What is Hawk-Eye used for in tennis?**

- A To decide whether a ball landed in or out
- B To measure a player heart rate, in some situations
- C To count the crowd
- D To time a rally

Understand It with Pulse | Flag a mistake

41 **What is the role of cartilage in a joint?**

A It reduces friction between bones

B It carries blood to the joint, in some situations

C It produces synovial fluid

D It joins muscle to bone

Understand It with Pulse | Flag a mistake

42 **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

Understand It with Pulse | Flag a mistake

43 **What is a discrete skill?**

A A skill made of a sequence of skills

B A skill with a clear start and end

C A skill with no clear start and end

D A skill performed at a pace the performer chooses

Understand It with Pulse | Flag a mistake

44 **What is a tally used for?**

A To time a sprint

B To measure heart rate, in some situations

C To weigh a performer

D To count how often something happens

Understand It with Pulse | Flag a mistake

45 **Which long term effect helps a performer resist fatigue?**

A Increased resting heart rate, in some situations

B Decreased vital capacity

C Increased capillarisation and more mitochondria

D Decreased stroke volume

Understand It with Pulse | Flag a mistake

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

A Vertical plane

B Transverse plane

C Frontal plane

D Sagittal plane

Understand It with Pulse | Flag a mistake

47 **When is feedback most useful?**

A Never

B Before the performance only

C Soon after the performance

D Days after the performance

Understand It with Pulse | Flag a mistake

48 **Why do some ethnic minority groups have lower participation in sport?**

A Lack of ability

B Lack of interest in winning, in some situations

C Too much media coverage

D Lack of role models and cultural barriers

Understand It with Pulse | Flag a mistake

49 **Which type of joint is the shoulder?**

- A Pivot
- B Ball and socket
- C Gliding, in some situations
- D Hinge

Understand It with Pulse | Flag a mistake

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

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

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

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