ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 2 · 10 QUESTIONS

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 football player trains with interval sprints. Which principle is being used if the sprints get harder each week?**

- A Tedium
- B Specificity
- C Reversibility
- D Progression

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2 **A bicycle is ridden in the aerobic training zone. What heart rate range is this?**

- A 100 to 120 per cent of maximum heart rate
- B 90 to 100 per cent of maximum heart rate
- C 20 to 40 per cent of maximum heart rate
- D 60 to 80 per cent of maximum heart rate

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3 **What does tedium mean in training?**

A Training becomes boring and motivation falls

B Training becomes too hard to finish, in some situations

C Training is too easy to help

D Training causes injury

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4 **Which component of fitness is most important for a marathon runner?**

A Power

B Agility

C Reaction time, in some situations

D Cardiovascular endurance

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5 **What does the T in SMART stand for?**

- A Tough
- B Timed
- C Tested, in some situations
- D Time bound

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6 **What does the T for duration in FITT stand for?**

- A Training
- B Type
- C Technique
- D Time

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

A Press up test

B Vertical jump test

C Sit up test

D Standing stork test

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8 **What does progression mean in training?**

A Training should stop after one week

B Training should get easier each week

C Training should stay at the same level

D Training should gradually get harder

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9 **What are the three phases of a warm up?**

A Pulse raiser, cool down and rest

B Stretches, rest and skill rehearsal

C Skill rehearsal, cool down and rest, in some situations

D Pulse raiser, stretches and skill rehearsal

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10 **What is power?**

A Speed multiplied by time

B Strength divided by speed

C Strength multiplied by speed

D Force divided by distance, in some situations

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ANSWER KEY

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

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