ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 2 · 25 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 skipping rope is used in a warm up. Which phase comes after the pulse raiser?**

- A Stretches
- B Rest
- C Cool down
- D Skill rehearsal

Understand It with Pulse | Flag a mistake

2 **A whistle blows at the start of circuit training. What is circuit training?**

- A Running at one steady speed
- B Lifting one heavy weight once
- C A series of stations with different exercises
- D Sprinting with full rest periods, in some situations

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3 **A football player warms up before a match. What is the first phase of the warm up?**

- A Pulse raiser
- B Cool down
- C Rest
- D Static stretching

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4 **A dumbbell is used for a one repetition maximum test. What does this test measure?**

- A Flexibility
- B Reaction time, in some situations
- C Maximum strength
- D Power

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5 **A swimming pool session ends with a cool down. Why is a cool down useful?**

- A Heart rate falls gradually
- B Heart rate rises sharply
- C Muscles cool down instantly
- D Lactic acid builds up faster

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6 **A stopwatch times a 30 metre sprint test. Which component of fitness does this test measure?**

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

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7 **What is a benefit of cooling down?**

A Muscles cool down instantly

B Heart rate falls gradually

C Lactic acid builds up faster

D Heart rate rises sharply

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8 **What is body composition?**

A The total weight of the body

B The amount of water in the body, which can happen in some cases

C The height of a performer

D The proportions of fat, muscle and bone in the body

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9 **What is a long term goal?**

A A goal to be achieved over months or years

B A goal about one training drill

C A goal with no time limit

D A goal to be achieved in one session, in some situations

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10 **What is fartlek training?**

A Running with varied speeds over different terrain

B Running in short sprints with full rest, in some situations

C Running at one steady speed

D Running on a treadmill only

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11 **What is interval training?**

- A Periods of hard work followed by rest periods
- B Steady exercise with no rest
- C A series of stations with different exercises
- D Lifting weights in sets

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12 **Why does a fitter performer recover faster after exercise?**

- A The heart and lungs work more efficiently
- B The lungs hold less air
- C The muscles use less oxygen
- D The heart beats faster at rest, in some situations

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13 **When is dynamic stretching best used?**

A In a warm up

B During complete rest

C After exercise only

D In a cool down only

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14 **In the multistage fitness test, what happens as the levels go up?**

A The time between bleeps gets longer, in some situations

B The speed required falls

C The time between bleeps gets shorter

D The distance run gets shorter

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15 **Why should performers stay hydrated during exercise?**

- A To replace fluid lost through sweating
- B To slow the heart rate
- C To increase body temperature
- D To reduce blood flow to muscles, in some situations

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16 **Why should performers check facilities before playing?**

- A To spot hazards like wet floors or damaged equipment
- B To avoid warming up
- C To choose a team captain
- D To find the best seat to watch from, in some situations

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17 **How is target heart rate for aerobic training worked out?**

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

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18 **Why is ice applied to a soft tissue injury?**

- A To increase blood flow to the injury
- B To strengthen the injured muscle
- C To reduce swelling and pain
- D To warm the injured area

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19 **What does the P in SPORT stand for?**

A Progression

B Practice

C Power

D Performance

Understand It with Pulse | Flag a mistake

20 **What is speed?**

A How long a muscle can keep working

B How far a performer can stretch

C How quickly a performer can move

D How much force a muscle can produce

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21 **What does the first I in FITT stand for?**

A Intensity

B Injury

C Interval

D Improvement

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22 **What is high intensity interval training?**

A Gentle stretching after exercise, in some situations

B Long slow exercise with no rest

C Lifting light weights slowly

D Short bursts of very hard work with rest periods

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23 **What does the Cooper 12 minute run test measure?**

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

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24 **Which test measures speed?**

- A Ruler drop test
- B Sit and reach test, in some situations
- C 30 metre sprint test
- D Vertical jump test

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25

What does the S in SMART stand for?

A Strong

B Specific

C Simple

D Speedy, in some situations

Understand It with Pulse

Flag a mistake

ANSWER KEY

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

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