ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 2 · 5 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 to improve coordination. What is coordination?**

- A The ability to stretch fully
- B The ability to run a long distance, which can happen in some cases
- C The ability to use two or more body parts together smoothly
- D The ability to lift a heavy weight

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**2** **What does the R in SPORT stand for?**

- A Reversibility
- B Repetition, in some situations
- C Recovery
- D Reaction

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3 **Which component of fitness is most important for a sprinter leaving the blocks?**

- A Balance
- B Flexibility
- C Muscular endurance
- D Power

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4 **What is the pre season in training?**

- A The period during competition
- B The period of injury recovery
- C The period before competition when fitness is built up
- D The period of rest after competition, in some situations

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5 **What is the main purpose of a warm up?**

A To cool the body down

B To rest the muscles

C To remove lactic acid, in some situations

D To prepare the body for exercise

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## ANSWER KEY

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

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