ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 4 · 10 QUESTIONS

Health, Fitness and Wellbeing and Use of Data — 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 skipping rope is used for 60 minutes of activity each day. Who is this amount recommended for?**

- A Children
- B Adults only
- C Babies
- D Elderly people only

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2 **A stopwatch is used to time sprints each week. Why is collecting data over time useful?**

- A Results are always wrong
- B Training cannot be planned, in some situations
- C Progress cannot be seen
- D Progress can be tracked and shown

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3 **What share of the GCSE is Component 04 Practical performances worth?**

- A Thirty per cent
- B Ten per cent
- C Twenty per cent
- D Forty per cent

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4 **How can exercise improve sleep?**

A It keeps the body awake all night, in some situations

B It helps the body relax and fall asleep

C It removes the need for sleep

D It makes sleep impossible

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5 **What is a balanced diet?**

A A diet with no fat at all

B A diet with the right amounts of all nutrients

C A diet with only protein

D A diet with only carbohydrates, in some situations

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6 **What is an endomorph?**

A A body type with a slim frame

B A body type with long limbs only

C A body type with a wide frame and higher body fat

D A body type with a muscular frame, in some situations

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7 **What is an advantage of a questionnaire?**

A It always gives honest answers, in some situations

B It needs no questions

C It can collect views from many people quickly

D It measures fitness directly

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8 **What is a risk of a sedentary lifestyle?**

A Obesity

B Stronger bones

C Better fitness

D Lower blood pressure

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9 **What is a limitation of using only one fitness test?**

A It needs no equipment

B It measures only one component of fitness

C It measures every component of fitness, in some situations

D It is always accurate

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10 **What is the range of a set of results?**

A The total divided by the number of results

B The middle value when results are in order, in some situations

C The most common value

D The difference between the highest and lowest values

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ANSWER KEY

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

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