ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 4 · 25 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 whistle blows at the end of a training session. What is a physical benefit of regular exercise?**

- A Feeling lonely
- B Poor sleep
- C High blood pressure
- D A stronger heart

Understand It with Pulse | Flag a mistake

2 **A dumbbell is lifted by a performer with a mesomorph build. Which somatotype gains muscle most easily?**

- A Mesomorph
- B Endomorph
- C Slim build
- D Ectomorph

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3 **A swimming pool session helps a performer relax and sleep better. What is this an example of?**

- A Physical benefit of exercise
- B Emotional benefit of exercise
- C Financial benefit of exercise
- D Social benefit of exercise

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4 **A cricket bat is used in a match where a player says they felt confident. What type of data is this?**

- A Timed data
- B Quantitative data
- C Measured data
- D Qualitative data

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5 **Running shoes are worn for 150 minutes of activity each week. What is this amount recommended for?**

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

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6 **A stopwatch times a fitness test. What is the mean of 10, 20 and 30?**

- A 30
- B 20
- C 60
- D 10

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7 **Is OCR GCSE PE tiered?**

- A No, it is untiered
- B Yes, only for Paper 1
- C Yes, it has three tiers
- D Yes, it has two tiers

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8 **What is an emotional benefit of regular exercise?**

A Lower confidence

B Increased anxiety

C Poor mood

D Reduced stress

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9 **What are macronutrients?**

A Nutrients needed in tiny amounts

B Nutrients found only in vitamins, in some situations

C Nutrients needed in large amounts

D Nutrients found only in water

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10 **What is the function of calcium?**

- A To keep bones and teeth strong
- B To carry oxygen in the blood, in some situations
- C To provide energy
- D To help healing

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11 **How much energy does one gram of carbohydrate provide?**

- A Nine kilocalories
- B One kilocalorie
- C Four kilocalories
- D Seven kilocalories

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12 **What is the function of vitamin C?**

A To help healing and fight infection

B To carry oxygen in the blood, in some situations

C To provide energy

D To strengthen bones

Understand It with Pulse | Flag a mistake

13 **What is a sedentary lifestyle?**

A A lifestyle with lots of exercise, in some situations

B A lifestyle with a balanced diet

C A lifestyle with plenty of sport

D A lifestyle with little physical activity

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14 **What happens if energy intake is less than energy used?**

A Body weight stays the same

B Body weight decreases

C Body fat increases

D Body weight increases

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15 **Which is an example of vigorous intensity activity?**

A Sitting at a desk

B Watching television

C Slow walking

D Running

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16 **Which somatotype is best suited to weightlifting?**

A Ectomorph

B Slim build

C Mesomorph

D Endomorph

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17 **Which somatotype is best suited to marathon running?**

A Mesomorph

B Endomorph

C Stocky build

D Ectomorph

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18 **What is qualitative data?**

- A Data in words, such as opinions and feelings
- B Data in numbers that can be counted, in some situations
- C Data that is always accurate
- D Data collected only by timing

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19 **What is a characteristic of an ectomorph?**

- A Slim with narrow shoulders
- B Carries a lot of body fat
- C Short limbs and wide hips
- D Broad shoulders and muscular build

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20 **What body mass index value is classed as obese?**

A 25 to 30

B 18.5 to 25

C Over 30

D Under 18.5

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21 **What does valid data mean?**

A Data collected only once

B Data that measures what it claims to measure

C Data that is always wrong

D Data that gives the same result when repeated

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22 **The results show no improvement after six weeks of training. What should the coach do?**

A Stop all training

B Keep the same programme, in some situations

C Ignore the results

D Change the training programme

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23 **What is the mode of a set of results?**

A The most common value

B The middle value when results are in order

C The total divided by the number of results

D The difference between the highest and lowest

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24 **Which nutrient should a performer eat after exercise to repair muscle?**

A Water, in some situations

B Fat

C Protein

D Fibre

Understand It with Pulse | Flag a mistake

25 **How can a coach use fitness test results?**

A To choose a team captain

B To set targets and plan training

C To stop all training

D To ignore the performer fitness, in some situations

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

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