ENGLAND GCSE PHYSICAL EDUCATION OCR · UNIT 4 · 5 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 by a performer who eats pasta before training. Which food is a good source of carbohydrates?**

- A Pasta
- B Butter
- C Chicken
- D Cheese

Understand It with Pulse | Flag a mistake

2 **Can a person change their somatotype?**

A No, body type is largely inherited

B Yes, by eating more fat

C Yes, by resting more

D Yes, completely with training, in some situations

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3 **Which method collects data by measuring fitness?**

A Observation

B Interview

C Questionnaire

D Fitness test

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4 **When should a performer drink during exercise?**

- A Never during exercise, in some situations
- B Only before exercise
- C Only after exercise
- D Before, during and after exercise

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5 **What is fibre important for?**

- A Building muscle
- B Healthy digestion
- C Carrying oxygen
- D Strengthening bones

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ANSWER KEY

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

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