ENGLAND GCSE PHYSICAL EDUCATION OCR · FINAL EXAM · 50 QUESTIONS

Final Exam — 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 football player kicks the ball. Which muscle group extends the knee as the leg swings through?**

- A Gastrocnemius
- B Abdominals
- C Quadriceps
- D Hamstrings

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

Understand It with Pulse | Flag a mistake

3 **A whistle blows and a player argues with the referee. What is good sportsmanship?**

- A Cheating when no one is watching, which can happen in some cases
- B Playing fairly and respecting opponents and officials
- C Arguing with the referee
- D Breaking the rules to win

Understand It with Pulse | Flag a mistake

4 **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

Understand It with Pulse | Flag a mistake

5 **A whistle blows at half time. Which chamber of the heart pumps blood to the lungs?**

- A Right atrium
- B Left ventricle, in some situations
- C Right ventricle
- D Left atrium

Understand It with Pulse | Flag a mistake

6 **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

Understand It with Pulse | Flag a mistake

7 **A bicycle race is shown live on television. What is a benefit of media coverage for the sport?**

- A It reduces participation
- B It makes the sport more expensive to play
- C It hides the sport from the public
- D It raises the profile of the sport

Understand It with Pulse | Flag a mistake

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

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

Understand It with Pulse | Flag a mistake

9 **What joins muscle to bone?**

- A Cartilage
- B Synovial fluid
- C Tendon
- D Ligament

Understand It with Pulse | Flag a mistake

10 **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

Understand It with Pulse | Flag a mistake

11 **What do stimulants do?**

A They make a performer sleepy, in some situations

B They lower heart rate

C They reduce muscle size

D They increase alertness and reduce tiredness

Understand It with Pulse | Flag a mistake

12 **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

Understand It with Pulse | Flag a mistake

13 **Running shoes lift off the ground as the runner stands on tiptoe. Which class of lever is this?**

A Fourth class

B First class

C Second class

D Third class

Understand It with Pulse | Flag a mistake

14 **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

Understand It with Pulse | Flag a mistake

15 **What share of the GCSE are the two written papers worth together?**

- A Forty per cent
- B Sixty per cent
- C Thirty per cent
- D Fifty per cent

Understand It with Pulse | Flag a mistake

16 **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

17 **Are calculators allowed in Component 01?**

A Only for Section A

B Yes

C No

D Only for Section B

Understand It with Pulse | Flag a mistake

18 **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

Understand It with Pulse | Flag a mistake

19 **What is the third stage of information processing?**

A Output as a movement

B Input from the senses

C Feedback after the movement

D Decision making

Understand It with Pulse | Flag a mistake

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

A Ectomorph

B Slim build

C Mesomorph

D Endomorph

Understand It with Pulse | Flag a mistake

21 **What share of the GCSE is Component 01 worth?**

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

Understand It with Pulse | Flag a mistake

22 **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

Understand It with Pulse | Flag a mistake

23 **Which factor most affects whether a child takes up sport?**

- A The cost of watching on television
- B The number of professional leagues
- C Family support and encouragement
- D The colour of the team kit

Understand It with Pulse | Flag a mistake

24 **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

Understand It with Pulse | Flag a mistake

25 **What happens to blood flow to the digestive organs during exercise?**

A It increases

B It stays the same

C It stops the heart beating

D It decreases

Understand It with Pulse | Flag a mistake

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

A Intensity

B Injury

C Interval

D Improvement

Understand It with Pulse | Flag a mistake

27 **Which topics are covered in Component 02?**

A Socio-cultural influences, sports psychology, health, fitness and well-being

B Practical performance only

C Physical training

D Applied anatomy and physiology, which depends on the system and the situation

Understand It with Pulse | Flag a mistake

28 **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

Understand It with Pulse | Flag a mistake

29 **What is the advantage of a third class lever?**

A Maximum force with little effort

B Speed and range of movement

C Maximum load with little effort

D No effort is needed at all

Understand It with Pulse | Flag a mistake

30 **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

Understand It with Pulse | Flag a mistake

31 **A cricket bat is used by a batter who waits for the ball. What is selective attention?**

A Focusing on all information at once, which can happen in some cases

B Focusing only on the crowd

C Ignoring all information

D Focusing on the important information and ignoring the rest

Understand It with Pulse | Flag a mistake

32 **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

33 **What is stroke volume?**

- **A** The volume of blood pumped per minute, in some situations
- **B** The volume of blood pumped out in one beat
- **C** The number of beats per minute
- **D** The pressure of blood in the veins

Understand It with Pulse | Flag a mistake

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

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

Understand It with Pulse | Flag a mistake

35 **How long is the OCR GCSE PE Component 02 paper?**

- A Two hours
- B One hour
- C Thirty minutes
- D One hour and thirty minutes

Understand It with Pulse | Flag a mistake

36 **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

Understand It with Pulse | Flag a mistake

37 **Which type of bone is the scapula?**

A Irregular bone

B Long bone

C Flat bone

D Short bone

Understand It with Pulse | Flag a mistake

38 **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

Understand It with Pulse | Flag a mistake

39 **A swimming pool race is won by a touch. What is a photo finish used for?**

A To measure the height of a jump, in some situations

B To take photos of the crowd

C To count the laps in a race

D To decide the winner of a close race

Understand It with Pulse | Flag a mistake

40 **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

Understand It with Pulse | Flag a mistake

41 **What is a long term effect of training on stroke volume?**

A It stays the same

B It increases

C It falls to zero

D It decreases

Understand It with Pulse | Flag a mistake

42 **What does tedium mean in training?**

A Training becomes boring and motivation falls

B Training becomes too hard to finish, in some situations

C Training is too easy to help

D Training causes injury

Understand It with Pulse | Flag a mistake

43 **What is VAR used for in football?**

A To count the number of passes, in some situations

B To measure the crowd size

C To time how fast players run

D To review key decisions with video replays

Understand It with Pulse | Flag a mistake

44 **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

Understand It with Pulse | Flag a mistake

45 **What is the function of the patella?**

A To cushion the hip joint

B To protect the knee joint

C To support the ankle joint

D To protect the elbow joint

Understand It with Pulse | Flag a mistake

46 **What does the T for duration in FITT stand for?**

A Training

B Type

C Technique

D Time

Understand It with Pulse | Flag a mistake

47 **Which is an example of intrinsic motivation?**

A Playing sport to win a trophy

B Playing sport for enjoyment

C Playing sport to please a parent

D Playing sport to win prize money

Understand It with Pulse | Flag a mistake

48 **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

Understand It with Pulse | Flag a mistake

49

What is anaerobic exercise?

A Exercise without enough oxygen to release energy

B Exercise that uses only protein for energy, in some situations

C Exercise using plenty of oxygen

D Exercise that lasts over an hour

Understand It with Pulse | Flag a mistake

50

What are the three phases of a warm up?

A Pulse raiser, cool down and rest

B Stretches, rest and skill rehearsal

C Skill rehearsal, cool down and rest, in some situations

D Pulse raiser, stretches and skill rehearsal

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. C
2. C
3. B
4. A
5. C
6. A
7. D
8. B
9. C
10. D
11. D
12. C
13. C
14. A
15. B
16. A
17. B
18. C
19. A
20. C
21. B
22. A
23. C
24. A
25. D
26. A
27. A
28. D
29. B
30. C
31. D
32. A
33. B
34. A
35. B
36. D
37. C
38. D
39. D
40. D
41. B
42. A
43. D
44. C
45. B
46. D
47. B
48. B
49. A
50. D

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