External assessment

**Multiple choice question book**

# Physical Education

**General instruction**

- Work in this book will not be marked.

Queensland Government | QCAA Queensland Curriculum & Assessment Authority

# Section 1

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## QUESTION 1

Which of the following components of fitness best aligns with the aerobic energy system?

(A) muscular endurance

(B) strength

(C) power

(D) speed

## QUESTION 2

Which training method provides scope and flexibility for targeting a broad range of components of fitness?

(A) circuit training

(B) fartlek training

(C) flexibility training

(D) high-intensity interval training

## QUESTION 3

Lactate threshold is the exercise intensity at which

(A) lactate enables $VO_2$ max.

(B) lactic acid begins to increase.

(C) ATP is removed from the muscles.

(D) lactate begins to accumulate in the blood faster than it can be removed.

## QUESTION 4

A mesocycle is

(A) shorter than a microcycle.

(B) generally one week of training.

(C) made up of a number of microcycles.

(D) an organised description of activities in a time frame.

## QUESTION 5

Adenosine diphosphate

(A) produces creatine phosphate.

(B) is the molecule that provides energy.

(C) is produced by the breakdown of ATP.

(D) is specific to anaerobic energy systems.

## QUESTION 6

The training principle of individuality considers an individual's

(A) fitness levels, goals and age.

(B) motivation, skill and gender.

(C) personal needs, motivation and gender.

(D) goals, personal needs and fitness levels.

## QUESTION 7

During an invasion game, a player tracks their total distance travelled as 6.2 km. A game performance assessment instrument on the same match demonstrates that the player completed a total of 32 high-intensity sprints over distances ranging from 5 m to 20 m. The remainder of their performance mostly consisted of low-to-moderate-intensity running and walking.

Which training method would most contribute to optimising the player's energy system requirements?

(A) circuit training

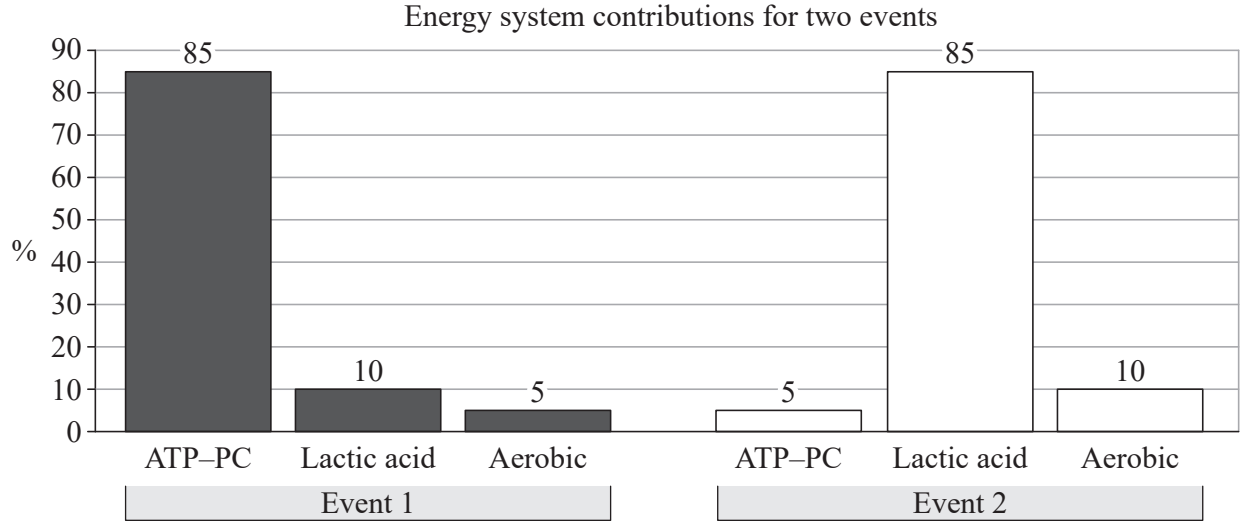
(B) fartlek training

(C) continuous training

(D) high-intensity interval training

## QUESTION 8

The graph shows the energy system contributions for two sporting events.




Which event pairing is best represented by the data?

| | Event 1 | Event 2 |
|---|---|---|
| (A) | 400 m sprint event | 100 m sprint event |
| (B) | 100 m sprint event | 800 m running event |
| (C) | 200 m sprint event | 1500 m running event |
| (D) | 110 m hurdle event | 5000 m running event |

## QUESTION 9

| Cool down 1 | Cool down 2 | Cool down 3 | Cool down 4 |
|---|---|---|---|
| 1. 5 × 100 m runs (75%)<br>2. 10 × 50 m runs (40%)<br>3. lower-body static stretches, held for 15–30 seconds each | 1. 800 m run (50%)<br>2. static stretches, held for 15–30 seconds each | 1. static stretches, held for 15–30 seconds each<br>2. 800 m run (60%) | 1. 800 m run (50%)<br>2. dynamic/active stretches |

Which session most effectively addresses the objectives of a cool down?

(A) Cool down 1

(B) Cool down 2

(C) Cool down 3

(D) Cool down 4

## QUESTION 10

The table outlines the energy system priorities for four different physical activity contexts.

| Physical activity | Energy system priorities | | |
|---|---|---|---|
| | ATP–PC | Lactic acid | Aerobic |
| Activity 1 | moderate priority | moderate priority | high priority |
| Activity 2 | high priority | low priority | low priority |
| Activity 3 | high priority | moderate priority | moderate priority |
| Activity 4 | moderate priority | high priority | low priority |

Which option best represents the energy system priorities for a successful performance in an invasion game?

(A) Activity 1

(B) Activity 2

(C) Activity 3

(D) Activity 4

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