Sample assessment 2020

Multiple choice question book

Physical Education

Queensland Government | QCAA Queensland Curriculum & Assessment Authority

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Section 1

Instructions

- Answer all questions in the question and response book.
- This book will not be marked.

QUESTION 1

Identify the four principles of training from the following options.

(A) flexibility, intensity, specificity, work

(B) frequency, intensity, specificity, interval

(C) flexibility, individuality, specificity, variety

(D) frequency, individuality, specificity, variety

QUESTION 2

Energy for physical activity is provided by

(A) adenosine triphosphate (ATP).

(B) phosphocreatine (PC).

(C) lactic acid.

(D) oxygen.

QUESTION 3

Which of the following describes the fitness component of power?

(A) the ability to sustain a force over a long period of time

(B) the capacity to generate a large force as quickly as possible

(C) the capacity to apply a large force approximately 10–12 times

(D) the ability to apply a repeated force over a long period of time

QUESTION 4

Incorporating a warm-up into a training session enables an individual to raise

(A) joint viscosity, muscle glycogen and respiration rate.

(B) body temperature, heart rate and recovery rate.

(C) heart rate, joint viscosity and respiration rate.

(D) heart rate, joint viscosity and recovery rate.

QUESTION 5

Which of the following is a list of the four components of fitness?

(A) aerobic capacity, agility, intensity, muscular endurance

(B) aerobic capacity, agility, flexibility, muscular endurance

(C) aerobic capacity, agility, flexibility, progressive overload

(D) aerobic capacity, agility, individuality, muscular endurance

QUESTION 6

Identify the interval training session that targets the fitness components of strength, power and speed.

(A)

Repetitions	Activity
3 × 12	hill sprints
3 × 60 sec	sprints
3 × 60 sec	skipping (jump rope)

(B)

Repetitions	Activity
3	400 m sprint
3 × 6	50 m sprint
3 × 25	bench press

(C)

Repetitions	Activity
5	200 m sprints
5 × 30 sec	box jumps
3 × 10	push-ups

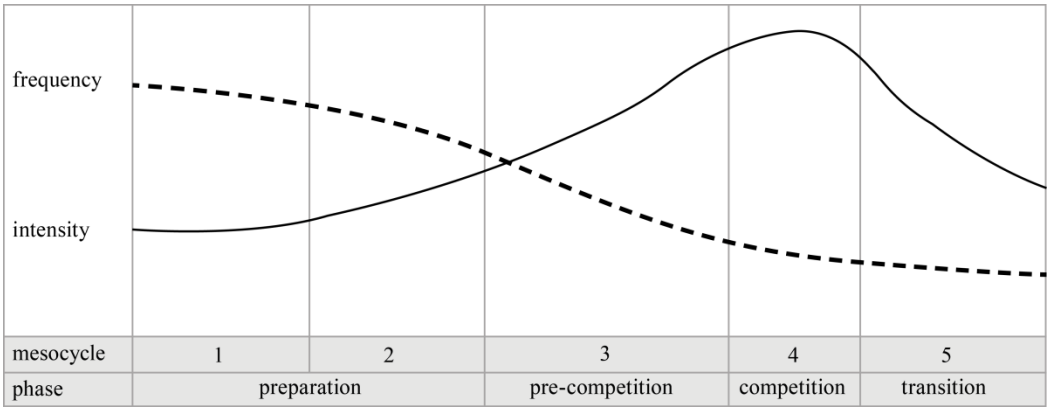
(D)

Repetitions	Activity
3 × 20 sec	alternating lunges
12 × 10 sec	sprints
3 × 5	box jumps

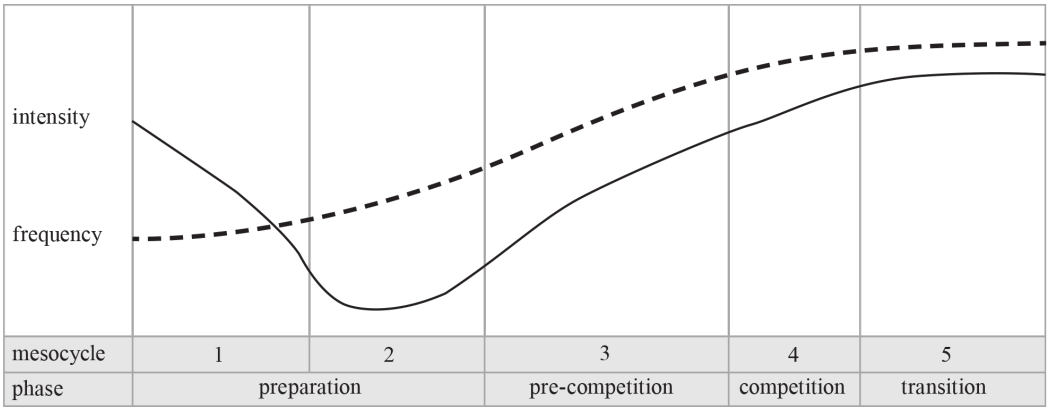
QUESTION 7

Which of the following training periodisation plans optimises performance for the competition phase?

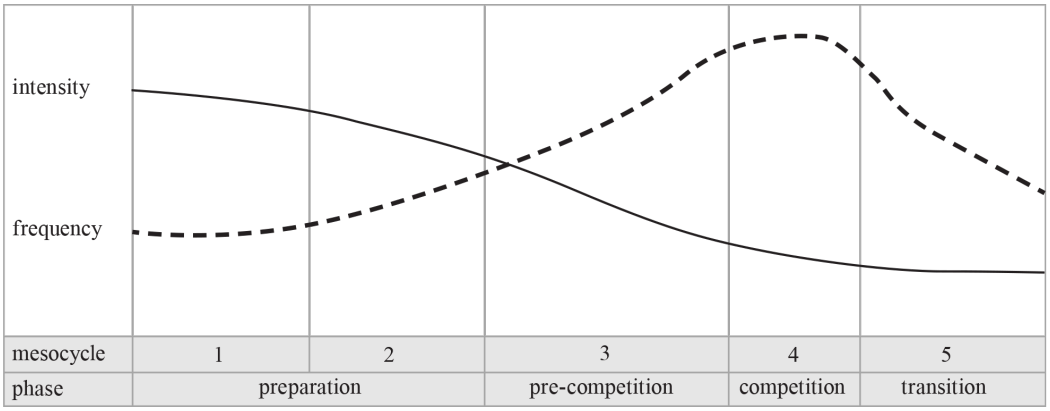
(A)



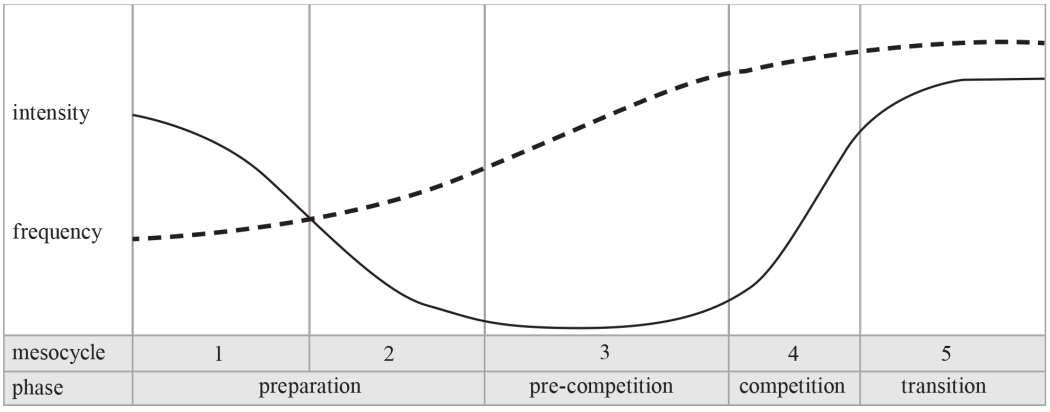
(B)



(C)



(D)



QUESTION 8

An athlete has devised the following interval training session.

Warm-up	800 m run (60% intensity) followed by flexibility exercises
Conditioning phase	• Set 1 – 5 × 400 m run (80% intensity) – 2 minutes of rest between repetitions • Set 2 (repeat × 2) – 3 minutes of skipping (jump-rope) – 3 minutes of squats – 3 minutes of step-ups – 1 minute of rest between exercises • Set 3 – 4 × 100 m run (maximum intensity) – 1 minute of rest between each repetition
Cool down	5-minute run (60% intensity) followed by flexibility exercises

Analyse the information above to identify the target energy system/s.

(A) ATP-PC system

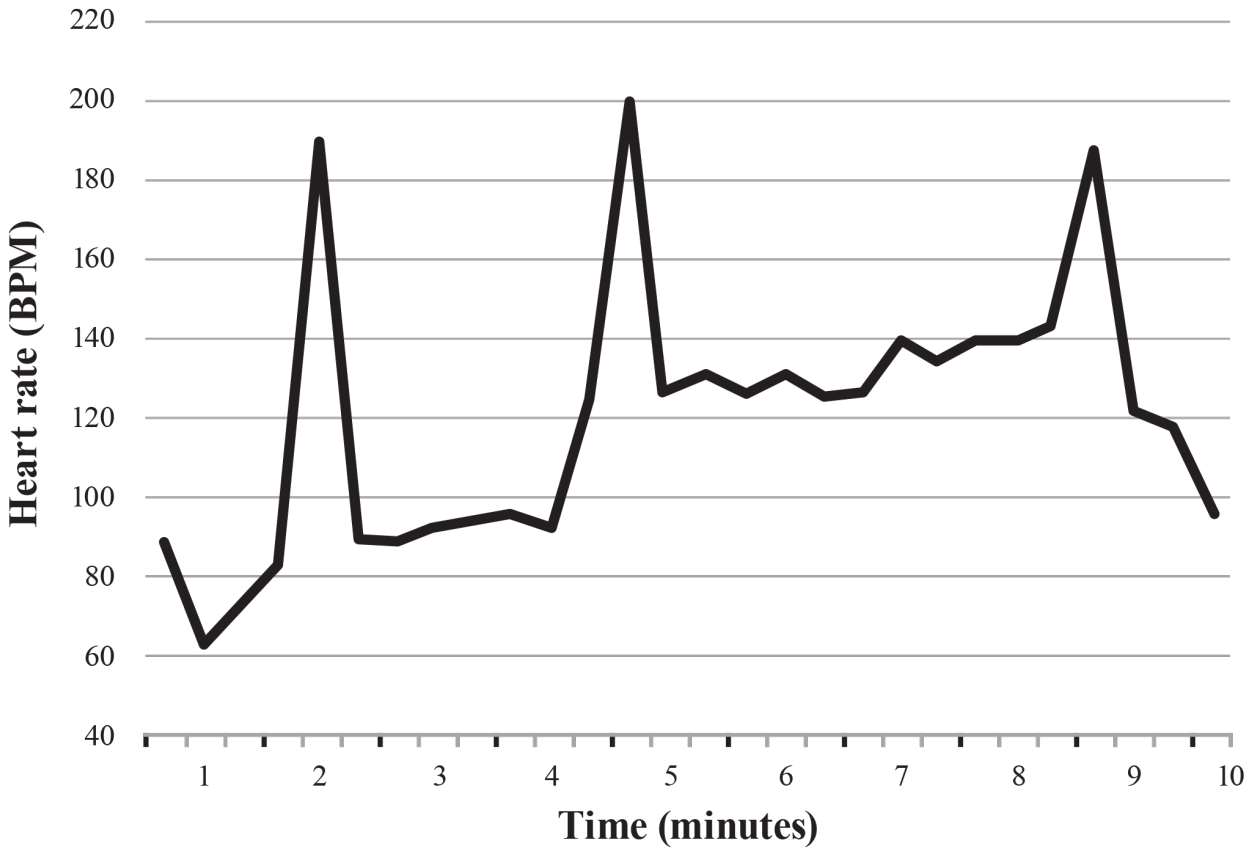
(B) aerobic system and the ATP-PC system

(C) aerobic system and the lactic acid system

(D) ATP-PC system and the lactic acid system

QUESTION 9

The chart below displays the recorded heart rate for a 16-year-old individual during a physical activity.



Analyse the data to identify the energy system used for the majority of this performance.

(A) aerobic system

(B) anaerobic system

(C) ATP-PC system

(D) lactic acid system

QUESTION 10

An individual has devised the following training program to prepare for an upcoming competition shown in microcycle 16.

Mesocycle	**1**				**2**				**3**				**4**				**5**			
Frequency	3 sessions per microcycle				4 sessions per microcycle				5 sessions per microcycle				3 sessions per microcycle				1 session per microcycle			
Training methods	• continuous • interval • resistance				• continuous • circuit • fartlek • interval				• continuous • circuit • resistance • interval (2)				• continuous • fartlek • interval				• continuous			
Microcycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Intensity																				

The objective of mesocycle 4 is best explained as

(A) increasing the frequency of training before competition.

(B) focusing on the development of the aerobic energy system.

(C) maximising intensity of training in the lead-up to competition.

(D) reducing training towards the end of the season to maintain motivation.

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