

External assessment 2021

Multiple choice question book

# Physical Education

## General instruction

- Work in this book will not be marked.



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## Section 1

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### QUESTION 1

Which option is best classified as a feature of a training session?

- (A) frequency of training
- (B) performance analysis
- (C) tapering and recovery
- (D) rise in body temperature

### QUESTION 2

The RAMP approach to warming up before starting a training session refers to

- (A) raise, activate, mobilise, prepare.
- (B) rest, activate, mobilise, prepare.
- (C) rise, articulate, moderate, plan.
- (D) raise, activate, moderate, plan.

### QUESTION 3

The point at which lactic acid begins to accumulate in the muscles at a faster rate than it can be removed is known as

- (A) the aerobic threshold.
- (B) the lactate threshold.
- (C) anaerobic glycolysis.
- (D) lactate formation.

#### QUESTION 4

According to the principle of *progressive overload*, what must happen before an increased load can be applied to a training program?

- (A) completion of the previous microcycle
- (B) adaptation to the previous training load
- (C) improvement in an authentic performance
- (D) training conducted within the aerobic energy system

#### QUESTION 5

The key features of an effective warm-up include

- (A) conditioning and recovery.
- (B) low intensity and high duration.
- (C) muscle activation and dynamic stretching.
- (D) reduced heart rate and removal of waste products from exertion.

#### QUESTION 6

Energy for physical activity is provided by the interplay of three energy systems. During this interplay, the body uses energy from food to continuously

- (A) release energy from ATP.
- (B) release energy from ADP.
- (C) resynthesise ADP and phosphate into ATP.
- (D) resynthesise ATP and phosphate into ADP.

## QUESTION 7

The table contains features of each energy system.

<b>Energy system</b>	ATP-PC	lactic acid	aerobic
<b>Anaerobic/aerobic</b>	anaerobic	anaerobic	aerobic
<b>Fuel/energy source</b>	ATP-PC	?	fat and glucose
<b>By-products</b>	creatine	?	CO <sub>2</sub> and water
<b>Intensity</b>	very high	?	low to moderate
<b>Duration</b>	10–15 seconds	?	3 minutes onwards
<b>Examples of physical activities</b>	short sprints, swimming sprints	800 m and 1500 m running events	endurance events, running, cycling

Which option accurately completes the table of features?

(A)

<b>Fuel/energy source</b>	glycogen
<b>By-products</b>	lactic and pyruvic acid
<b>Intensity</b>	high
<b>Duration</b>	up to 3 minutes

(B)

<b>Fuel/energy source</b>	fat
<b>By-products</b>	lactic and pyruvic acid
<b>Intensity</b>	very high
<b>Duration</b>	up to 3 minutes

(C)

<b>Fuel/energy source</b>	glycogen
<b>By-products</b>	water
<b>Intensity</b>	moderate
<b>Duration</b>	1–2 minutes

(D)

<b>Fuel/energy source</b>	fat
<b>By-products</b>	CO <sub>2</sub> and water
<b>Intensity</b>	very high
<b>Duration</b>	30 seconds

## QUESTION 8

The table shows four microcycles.

<b>Microcycle 1</b>	Run each day, with low-intensity continuous movement for a minimum of 1 hour.
<b>Microcycle 2</b>	Run every second day, with: <ul style="list-style-type: none"><li>• a minimum of 30 short (30-second) efforts</li><li>• 1:3 work:rest (W:R) ratio.</li></ul>
<b>Microcycle 3</b>	Run each day, with: <ul style="list-style-type: none"><li>• 30 short efforts (30 seconds per effort) with 1:3 W:R ratio followed by</li><li>• a low-intensity continuous run for a minimum of 1 hour.</li></ul>
<b>Microcycle 4</b>	Run every second day, with: <ul style="list-style-type: none"><li>• 30 short efforts with medium rest followed by</li><li>• a low-intensity continuous run for a minimum of 1 hour.</li></ul>

Which 1-week microcycle would be most effective in maintaining aerobic capacity?

- (A) Microcycle 1
- (B) Microcycle 2
- (C) Microcycle 3
- (D) Microcycle 4

### QUESTION 9

The table shows combinations of energy system contributions for physical activities.

Physical activity	ATP-PC (%)	Lactic acid (%)	Aerobic (%)
1	80	15	5
2	98	2	0
3	50	44	6
4	85	15	0

Which list best represents the physical activities in the table?

- (A) 100 m sprint, marathon run, 200 m sprint, Australian football
- (B) 1500 m run, rowing, volleyball, 400 m freestyle swim
- (C) baseball, diving, 200 m sprint, 100 m freestyle swim
- (D) baseball, basketball, marathon run, diving

### QUESTION 10

An athlete is completing the training session shown in the table.

<b>Sets</b>	3–6
<b>Repetitions</b>	4–6
<b>Load</b>	60–80%
<b>Rest</b>	3 minutes between sets
<b>Speed</b>	fast/explosive

Which component of fitness is being targeted?

- (A) power
- (B) strength
- (C) flexibility
- (D) muscular endurance



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