

External assessment 2022

Multiple choice question book

Physical Education

General instruction

- Work in this book will not be marked.

Section 1

QUESTION 1

An athlete measuring the amount of oxygen they can consume during gradual increases in exercise intensity is collecting data relating to

- (A) VO_2 max.
- (B) lactate threshold.
- (C) muscular endurance.
- (D) phosphocreatine resynthesis rate.

QUESTION 2

An athlete gives their coach information about personal needs, goals, fitness level and motivation to assist in the development of the athlete's training program. Which principle of training is being applied?

- (A) variety
- (B) intensity
- (C) specificity
- (D) individuality

QUESTION 3

The process allowing the body to overcome the effects of fatigue and increase readiness for competition or future training is

- (A) flexibility in training.
- (B) recovery in training.
- (C) warm down.
- (D) tapering.

QUESTION 4

Which feature in a training session is evident in the conditioning phase?

- (A) RAMP
- (B) dynamic stretching
- (C) work:rest ratios and repetitions
- (D) waste product removal and muscular relaxation

QUESTION 5

The table shows an athlete's fitness testing results.

Fitness test	Standard				
	Poor	Below average	Average	Good	Excellent
Illinois agility test		✓			
Vertical jump test		✓			
Sit-up test (total in 1 minute)			✓		
12 m Cooper's run			✓		
Sit and reach test	✓				
Barbell squat (1 repetition max)					✓
Bench press (1 repetition max)				✓	
40 m sprint test		✓			

Which type of training would be most effective in addressing the athlete's biggest weakness?

- (A) fartlek
- (B) continuous
- (C) flexibility
- (D) resistance

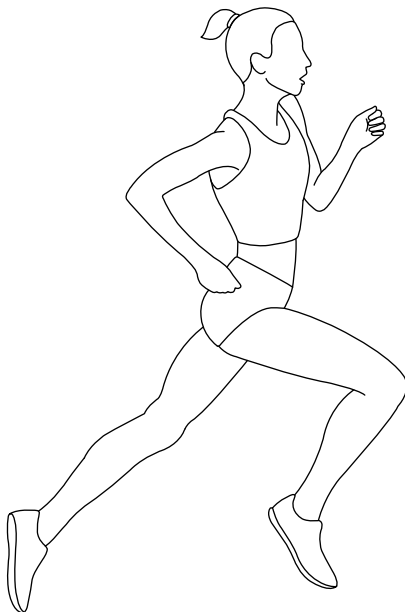
QUESTION 6

An athlete working at maximal intensity for 30 seconds, with 90 seconds rest between efforts, is using which training method?

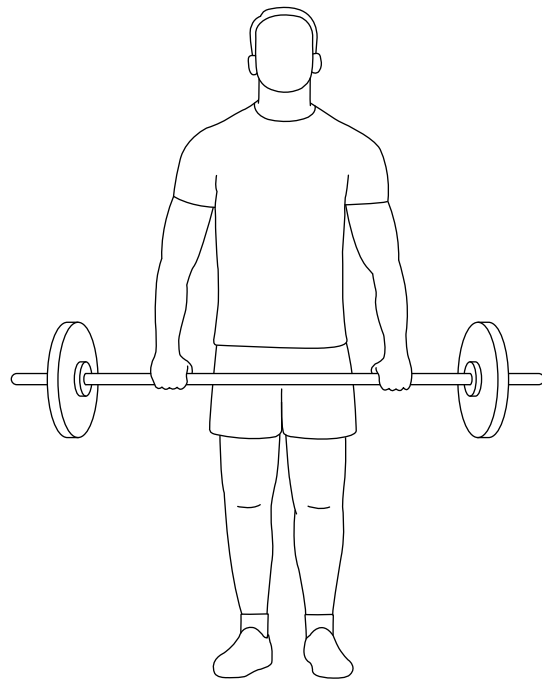
- (A) fartlek training
- (B) sprint interval training (SIT)
- (C) aerobic interval training (AIT)
- (D) high-intensity interval training (HIIT)

QUESTION 7

Identify which combination of fitness components would be most beneficial in optimising the performance of both athletes in their sport.



100 m sprinter

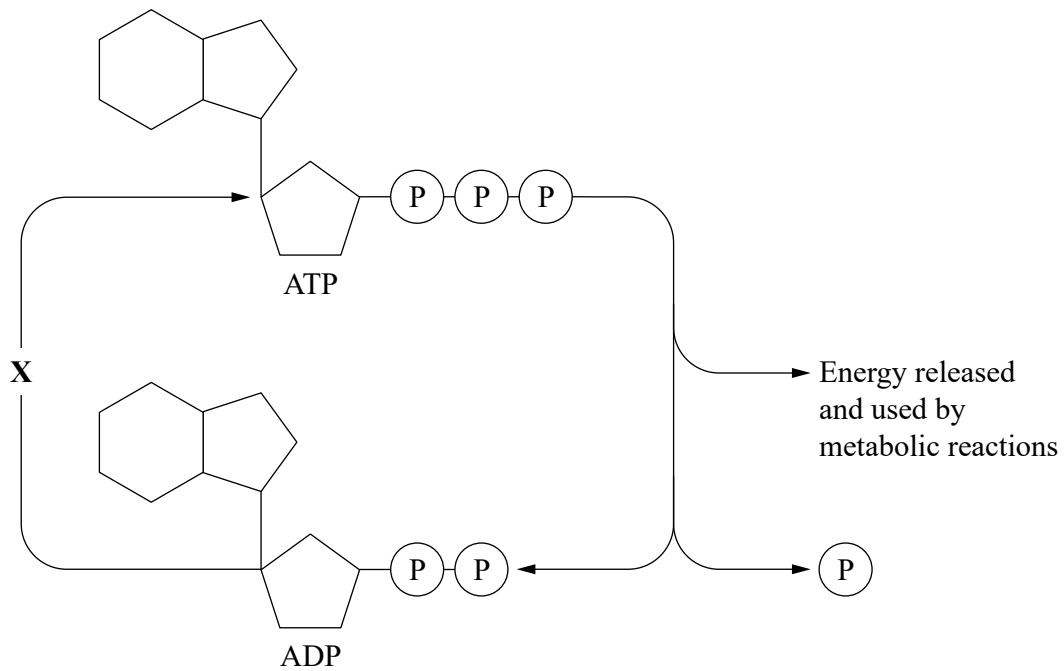


Weightlifter

- (A) muscular endurance, agility and power
- (B) power, aerobic capacity and strength
- (C) strength, power and flexibility
- (D) flexibility, power and agility

QUESTION 8

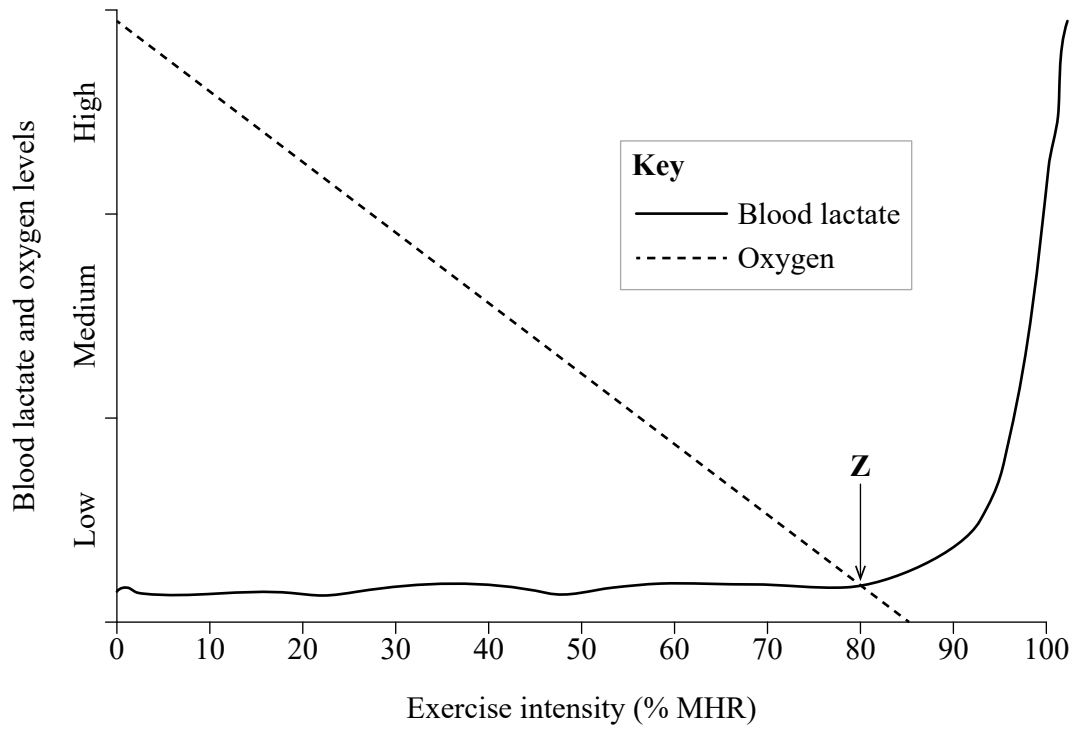
Determine which option best describes the process occurring at **X** during ATP resynthesis.



- (A) ADP loses a phosphate molecule from the breakdown of CP.
- (B) ADP uses a phosphate molecule from the breakdown of CP to resynthesise ATP.
- (C) ATP uses a phosphate molecule from the breakdown of CP to resynthesise ADP.
- (D) ADP uses a phosphate molecule obtained from the breakdown of lactic acid to resynthesise ATP.

QUESTION 9

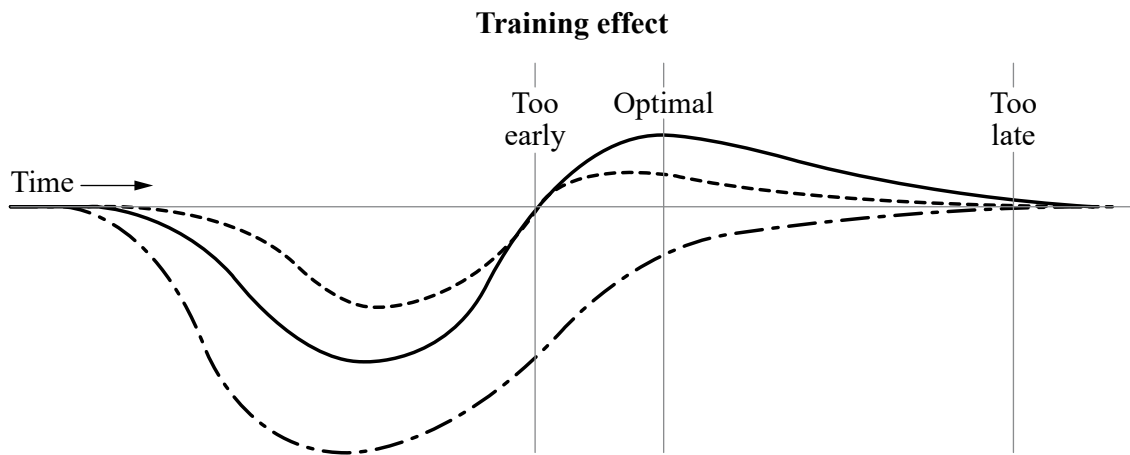
What is occurring at **Z**?



- (A) VO_2 max
- (B) aerobic capacity
- (C) lactate threshold
- (D) onset of blood lactate accumulation

QUESTION 10

The graph shows the impact of three different intensity workouts during the tapering phase of training in the lead-up to competition.



It can be determined that

- (A) optimum training effect is based on the individual and not a result of training manipulation.
- (B) minimal reduction in training results in optimum training effect being lower and achieved earlier than required.
- (C) excessive training during the tapering phase impacts an athlete's recovery and the training effect peaks prior to the required timeframe.
- (D) minimal reduction in training in the lead-up to competition results in an athlete achieving optimal training effect by the desired timeframe.



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