

External assessment 2025

Multiple choice question book

Physical Education

General instruction

- Work in this book will not be marked.



Queensland
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Section 1

Instruction

- Respond to these questions in the question and response book.
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QUESTION 1

Which option uses muscle glycogen as a main fuel source in the production of energy?

- (A) ATP/PC
- (B) aerobic system
- (C) lactic acid system
- (D) adenosine triphosphate

QUESTION 2

Which option describes the focus of the competition phase of training?

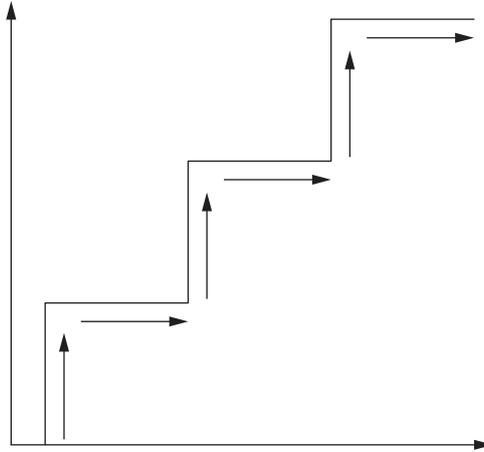
- (A) developing broad fitness, medium- to high-volume, and low intensity
- (B) recovery, relaxation and reducing volume and intensity, and tapering and recovery
- (C) specific tactics, game strategy, and maintaining sport-specific skills and fitness levels
- (D) technical ability, sport-specific weakness development, and establishing general tactical understanding

QUESTION 3

Recovery in training is aimed at

- (A) reducing the effects of fatigue and increasing readiness for competition or future training.
- (B) enhancing physical and psychological stressors in preparation for competition.
- (C) eliminating the negative impacts of competition load on the body.
- (D) increasing lactate threshold during future training sessions.

QUESTION 4



Which concept is best represented by the image?

- (A) variety
- (B) duration
- (C) intensity
- (D) progressive overload

QUESTION 5

What does a cool down aim to achieve?

- (A) reduce heart rate, reduce body temperature, and remove waste products
- (B) remove waste products, mobilise joints, and increase range of motion
- (C) reduce heart rate, raise body temperature, and relax muscles
- (D) activate and mobilise key muscle groups

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QUESTION 6

When transitioning from the preparation training phase to the pre-competition training phase, what changes should be made to training principles?

	Increase	Decrease
(A)	intensity and specificity	volume and variety
(B)	specificity and variety	volume and intensity
(C)	specificity and volume	intensity and variety
(D)	intensity and variety	volume and specificity

QUESTION 7

The benefits of incorporating regular flexibility training into an athlete's routine include

- (A) improved range of motion, enhanced aerobic capacity and decreased resistance to injury.
- (B) limited range of motion, reduced inefficient movements and increased resistance to injury.
- (C) limited range of motion, increased inefficient movements and increased resistance to injury.
- (D) improved range of motion, reduced inefficient movements and increased resistance to injury.

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QUESTION 8

Which feature of a training session focuses on increasing joint viscosity and mobilising key muscle groups?

- (A) specificity in training objectives
- (B) conditioning phase
- (C) cool down
- (D) warm-up

QUESTION 9

A coach has developed two separate targeted training programs, one for defensive players and one for offensive players. Which principle of training does this practice demonstrate?

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

QUESTION 10

Match the fitness components to the most appropriate fitness tests.

	Power	Agility	Flexibility	Aerobic capacity
(A)	beep test	Illinois test	vertical jump test	sit and reach test
(B)	vertical jump test	Illinois test	sit and reach test	beep test
(C)	sit and reach test	vertical jump test	Illinois test	beep test
(D)	vertical jump test	beep test	sit and reach test	Illinois test

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