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MIDTERM EXAMINATION
PHYSICAL EDUCATION 101
1ST SEM. S.Y. 2020-2021

MULTIPLE CHOICES: Choose the best answer that best describes the following. Write the letter of your best answer that best describes the following. Write the letter of your answer. **NO ERASURES.**

1. This refers to the integral part of the educational program designed to promote the optimum development of an individual
 - a. Physical Fitness
 - b. Aerobic Exercises
 - c. Physical Education
 - d. none of the above
2. This refers to the ability to perform one's daily tasks efficiently without undue fatigue and with extra "reserve" in case of emergencies.
 - a. Physical Education
 - b. Physical Fitness
 - c. Physical Development
 - d. all of the above
3. Through the carefully selected physical education activities an individual who participates actively will develop and maintain good health and a high level of physical fitness
 - a. Mental Development
 - b. Social Development
 - c. Emotional Development
 - d. Physical Development
4. This refers to the participation in the physical education activities provides opportunities for the development of desirable social traits needed for the adjustment to the social life in general
 - a. Social development
 - b. Mental Development
 - c. Physical Development
 - d. Emotional Development
5. Through participation in physical education activities the individual develops his mental capacities as he learns the mechanical principles underlying movement
 - a. Emotional Development
 - b. Mental Development
 - c. Spiritual Development
 - d. Moral Development
6. Which of the following best described for the informal nature of physical education activities offers opportunities for self-expression and emotional mastery.
 - a. Environmental Development
 - b. Social Development
 - c. Emotional Development
 - d. Spiritual Development
7. This refers to the ability to perform an activity at a short period of time
 - a. Speed
 - b. 1000 meter run
 - c. Shuttle Run
 - d. Agility
8. This refers to the ability to exert maximum force at fast rate.
 - a. Muscular Strength
 - b. Muscular Endurance
 - c. Power
 - d. Cardio-Respiratory Endurance
9. This refers to the time it takes for an individual to respond to a stimulus.
 - a. Body Composition
 - b. Reaction Time
 - c. Coordination
 - d. Agility
10. This refers to the ability of the senses and the different body parts to perform a series of movements smoothly and accurately.
 - a. agility
 - b. Balance
 - c. Flexibility
 - d. Coordination
11. It is defined as the individual's ability to maintain stability whether he/she is stationary or in motion
 - a. Speed
 - b. Standing Long Jump
 - c. Balance
 - d. Flexibility
12. This refers person's ability quickly change direction of his/her movements in space without sacrificing accuracy and efficiency
 - a. Coordination
 - b. Agility
 - c. Reaction
 - d. Flexibility
13. It refers your ability to move through your full range of motion without experiencing any pain acquiring injury
 - a. Flexibility
 - b. Balance
 - c. Body Mass
 - d. Agility

Texas Teacher Physical Education Exam

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