

# PHYSICAL EDUCATION 5 (QUIZ 1)

CHOOSE THE RIGHT LETTER ON THE GIVEN QUESTIONS BELOW.

1. Is the ability to change position in space.

**A.** SPEED

**B.** AGILITY

2. Is the ability to integrate the senses with the movement of the muscles to produce an accurate and smooth body movement.

**A.** COORDINATION

**B.** REACTION TIME

3. Refers to how many times your muscles can repeat a specific exertion of force.

**A.** MUSCULAR  
ENDURANCE

**B.** MUSCULAR  
STRENGTH

4. Means the relative distribution of lean and fat tissues.

**A.** CARDIO-  
RESPIRATORY  
ENDURANCE

**B.** BODY  
COMPOSITION

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5. Is the ability to generate maximum force in the least amount of time.

**A.** POWER

**B.** SPEED

6. Can be static or dynamic as in doing routines on a balance beam

**A.** FLEXIBILITY

**B.** BALANCE

7. Is the ability of parts of the body to be bent without breaking or injury.

**A.** FLEXIBILITY

**B.** BALANCE

8. Is the ability to perform any movement in the shortest possible time like running.

**A.** POWER

**B.** SPEED

9-10. GIVE ONE FOR HEALTH-RELATED COMPONENTS AND ONE FOR SKILL RELATED COMPONENTS