

Name: _____
 Grade and Section: Grade 10 - _____
 Date: April _____, 2024
 Teacher: T. MJ
 Subject: PEH 10
 Title of Activity: 4th Quarter Mastery Test

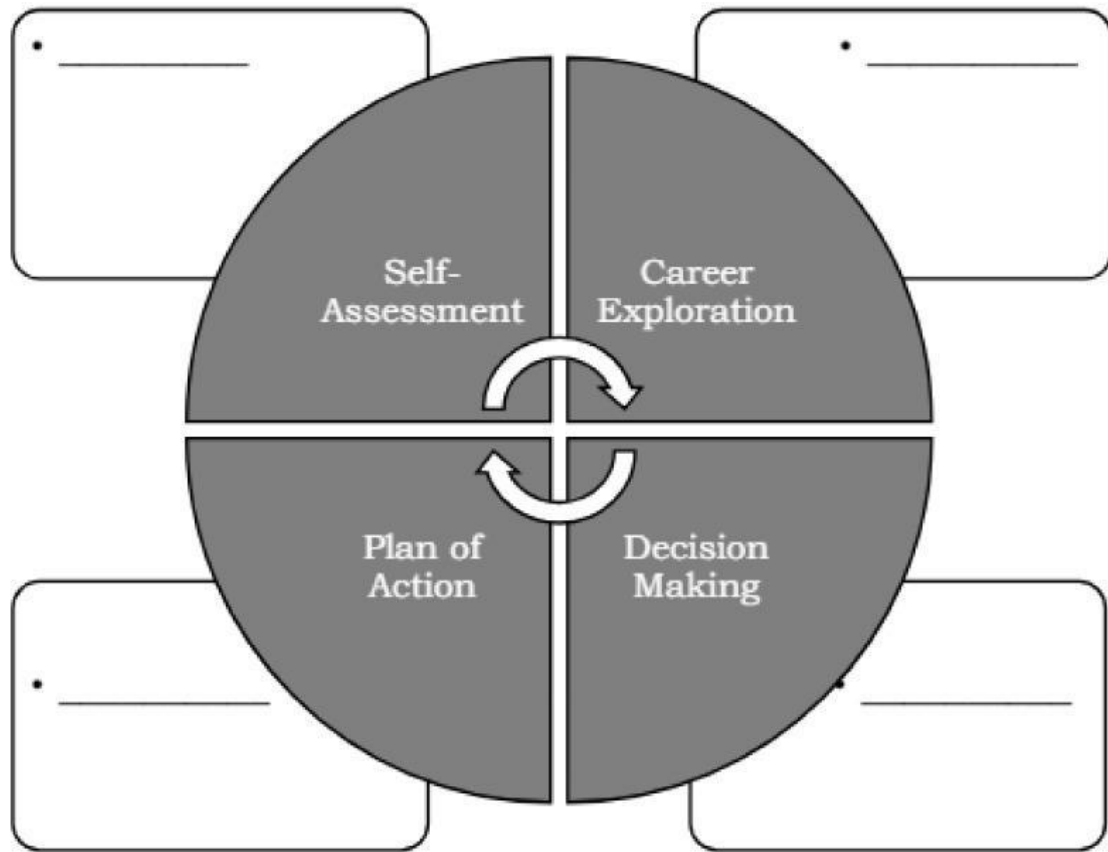
SCORE	
Total	37
PS	29
Score	

A. Multiple Choice. Choose the correct answer and write your answers on the space provided before each number. (10 points)

- _____ 1. What is Zumba fitness?
 - a. A Latin inspired dance fitness program
 - b. A Latin kickboxing program
 - c. A Spanish inspired dance fitness program
 - d. A Spanish inspired aerobic program
- _____ 2. Who can enjoy Zumba?
 - a. Teenagers
 - b. Old and hip
 - c. Dancers
 - d. Everyone
- _____ 3. What are the possible risks of doing Zumba?
 - a. One might over exercise
 - b. It makes you happy
 - c. Boost's heart health
 - d. It improves coordination
- _____ 4. What types of music do you hear in a zumba class?
 - a. Pop music
 - b. Modern Music
 - c. Latin American music
 - d. Hip hop music
- _____ 5. How does Zumba benefit the body?
 - a. Helps you de-stress
 - b. Great for weight loss
 - c. Tones your entire body
 - d. All of the above
- _____ 6. How many calories can you burn in an hour of Zumba?
 - a. 100 to 500-calorie
 - b. 600 to 1,000-calorie
 - c. 1,000 to 1,500-calorie
 - d. 1,000 to 2,000-calorie
- _____ 7. What is the disadvantage of Zumba?
 - a. It is expensive since you have to pay for an instructor.
 - b. You'll lose weight but might not gain strength.
 - c. You can do it at home.
 - d. It melts belly fat quickly.
- _____ 8. During your Zumba session with the family, your mother experienced an ankle sprain. What will you do?
 - a. Stop and massage the injured ankle to recover quickly.
 - b. Apply the RICE method.
 - c. Apply the PRICE method.
 - d. Stop, rest for 20 minutes, massage the injured ankle then apply ice
- _____ 9. You invited your father to join the Zumba session. While performing he seems not to follow and perform the routine correctly. What is the best thing that you will do?
 - a. Teach him how to do the routine to avoid possible risk of injuries.
 - b. Stop him and choose a simple routine.
 - c. Choose slower tempo for him to catch up.
 - d. Let him continue, eventually he will perform it without any mistakes.
- _____ 10. What is the best thing a beginner will do before engaging in a Zumba fitness program?
 - a. Drink water every 20 minutes.
 - b. Eat a heavy meal before the activity.
 - c. Always follow the routine taught.
 - d. Schedule your Zumba activity twice or thrice a week.

B. Identification. Read the following components inside the box then organize the words by placing them in the appropriate step in making a health career plan in the given graphic organizer that follows. Write your answers inside the box. (15 points)

Road Map	Strengths	Job Shadowing
Pros and cons	Internship	Phobia
Short-term goals	Skills	Interview
Reason to pursue health career	Job Temping	Health Career Options
Strategies	Volunteering	Abilities



C. Graphic Organizer. Complete the graphic organizer below showing the steps in making a health career plan then write at least two components in each step. (12 points)

The graphic organizer consists of four rounded rectangular boxes arranged horizontally, connected by a large, light gray arrow pointing from left to right. Each box is labeled with a step number and contains a section for components.

Step 1	Step 2	Step 3	Step 4
Components:	Components:	Components:	Components:
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____