

## GRADE 12: PHYSICAL EDUCATION QUIZ 3 “Hiking and Mountaineering”

**NAME:**

**DATE:**

**INSTRUCTIONS:** Read each question carefully, choose the best answer among the given options. All choices may seem possible, but only one is the most appropriate.

### Multiple Choice

\_\_\_\_\_ 1. While hiking, you notice dark clouds forming. What is the best action?

- A. Continue hiking quickly to finish the trail
- B. Seek shelter and check weather updates
- C. Ignore the clouds and enjoy the scenery

\_\_\_\_\_ 2. Your group is running low on water during a mountain trek. What should you do?

- A. Share remaining water and ration carefully
- B. Drink all you need now to avoid dehydration
- C. Wait until you find a stream without filtering

\_\_\_\_\_ 3. A fellow hiker sprains their ankle. What is the best response?

- A. Carry them immediately down the mountain
- B. Provide first aid and assess mobility
- C. Leave them to rest while the group continues

\_\_\_\_\_4. You encounter a steep slope with loose rocks. What's the safest approach?

- A. Walk quickly to avoid slipping
- B. Use trekking poles and move carefully
- C. Sit and slide down the slope

\_\_\_\_\_5. During a hike, you realize you're lost. What should you do first?

- A. Panic and run in random directions
- B. Stay calm, retrace steps, and use a map/compass
- C. Shout loudly until someone hears you

\_\_\_\_\_6. You plan a mountaineering trip. Which preparation is most important?

- A. Pack light snacks only
- B. Research terrain, weather, and bring proper gear
- C. Rely on your fitness and improvise

\_\_\_\_\_7. A teammate shows signs of altitude sickness. What's the best action?

- A. Encourage them to push through
- B. Descend to a lower altitude immediately
- C. Give them more food and water

\_\_\_\_\_8. While hiking, you see wildlife nearby. What's the safest response?

- A. Approach quietly for photos
- B. Observe from a safe distance
- C. Throw food to attract them

\_\_\_\_\_ 9. You're crossing a river during a hike. What's the safest method?

- A. Cross at the widest point
- B. Cross at a shallow, calm section
- C. Jump across the rocks quickly

\_\_\_\_\_ 10. Your flashlight battery dies during a night hike. What should you do?

- A. Continue walking in the dark
- B. Stay put and wait for daylight or help
- C. Use your phone light sparingly

### True or False

\_\_\_\_\_ 11. Wearing cotton clothes is the best choice for mountaineering.

\_\_\_\_\_ Hiking alone is always safer than hiking in groups.

\_\_\_\_\_ 13. Hydration and pacing are key to preventing exhaustion.

\_\_\_\_\_ 14. Leaving trash behind is acceptable if it's biodegradable.

\_\_\_\_\_ A whistle is an essential emergency tool in hiking.

### Analogy

\_\_\_\_\_ 16. Compass : Direction :: Map : \_\_\_\_\_

- A. Location
- B. Distance

\_\_\_\_\_ 17. Hiking boots : Safety :: Backpack : \_\_\_\_\_

- A. Comfort
- B. Storage

\_\_\_\_\_ 18. Oxygen : Survival at altitude :: Water : \_\_\_\_\_

- A. Hydration                      B. Energy

\_\_\_\_\_ 19. Rope : Climbing :: Tent : \_\_\_\_\_

- A. Shelter                          B. Warmth

\_\_\_\_\_ 20. Trail markers : Guidance :: First aid kit : \_\_\_\_\_

- A. Safety                            B. Preparation

### Situational Multiple Choice

\_\_\_\_\_ 21. You're hiking in hot weather. What's the best way to avoid heat exhaustion?

- A. Drink water regularly and rest in shade
- B. Walk faster to finish sooner
- C. Wear heavy clothing to sweat more

\_\_\_\_\_ 22. A storm is approaching while you're camping. What's the safest action?

- A. Stay inside the tent and hope it passes
- B. Move to lower ground away from trees
- C. Continue cooking outside

\_\_\_\_\_ 23. You find a fellow hiker unconscious. What's the first step?

- A. Check responsiveness and breathing
- B. Pour water on them to wake them
- C. Leave them and call later

\_\_\_\_\_24. You're hiking at night and hear strange noises.  
What's the best response?

- A. Investigate immediately with a flashlight
- B. Stay calm, stay on trail, and move cautiously
- C. Run quickly to avoid danger

\_\_\_\_\_25. Your group reaches the summit. What's the best  
practice before descending?

- A. Celebrate loudly and rush down
- B. Rest, hydrate, and check equipment
- C. Take selfies and ignore safety checks