

**UNIT EXAMINATION**  
**PHYSICAL EDUCATION and HEALTH**

**NAME:**

**GRADE LEVEL:**

**PHYSICAL EDUCATION**

- \_\_\_\_\_ 1. It is the ability to maintain an upright posture while still or moving.
- \_\_\_\_\_ 2. It is the ability of the body to change direction quickly.
- \_\_\_\_\_ 3. It is the percentage of body fat compared to lean body mass.
- \_\_\_\_\_ 4. It is the ability of the circulatory system to supply oxygen to working muscles during exercise.
- \_\_\_\_\_ 5. It is the ability to do strength work at an explosive pace.
- \_\_\_\_\_ 6. It is the ability to move quickly from one point to another in a straight line.
- \_\_\_\_\_ 7. It is a component of physical fitness that forms the basis for a successful sports or activity participation.
- \_\_\_\_\_ 8. It is the amount of force that can be produced by a single contraction of muscle.
- \_\_\_\_\_ 9. It is the range of movement possible for joints to stretch and reach.
- \_\_\_\_\_ 10. It is a component of physical fitness that is related to how well the system of the body works.

**SOLVE FOR BMI:**

Solve the Body Mass Index of the Boy Harvey using the formula of BMI

**GIVEN:**

Kilogram: 30  
Height: 120

**Classification:**

Below 18.5	Underweight
18.5	Normal
25.0 – 29.0	Overweight
30.0 – Above	Obese

## HEALTH

Explain the picture below about the effect of Environment Issues on People's Health. Write your answer on the space provided.



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