

Multiple Choices

Direction. Choose the letter of the best answer.

1. It is the second largest island in the Philippines.

- A. Luzon C. Mindanao
B. Visayas D. none of the above

2. The long chanting with melismatic melodies is similar to _____.

- A. Indian C. A and B
B. Islamic D. none of the above

3. The lullaby song of Tausug.

- A. Langan bata-bata C. Diwata
B. Bua D. B and C

4. It is the match-maker's song of the Manobo's.

- A. Bua C. Antang
B. Darangen D. none of the above

5. It is the narrative epic of the Maranaos.

- A. Darangen C. kambong
B. Diwata D. none of the above

6. The harvest song of the Manobos.

- A. Kambong C. Balatuking
B. Limbay D. none of the above

7. Ulaging is _____.

- A. Harvest song C. Love song
B. Grief song D. War song

8. The function of limbay.

- A. Religious C. War song
B. Entertainment D. none of the above

9. The vocal music of Islamic culture is characterized as _____.

- A. melismatic C. fluid singing
B. nasal enunciation D. all of the above

10. A carved wood extension beam in front of the house designed with Okir.

- A. Atup C. Tagawalai
B. Panolong D. Tukod

11. To what classification of art does Torogan belongs to?

- A. Architecture C. Sculpture
B. Painting D. Weaving

12. A fabric that is weaved in the province of South Cotabato.

- A. Kain C. T'nalak
B. Malong D. Yakan

13. Image that depicts a fowl with colorful wing and feathered tail holding a fish on its beak.

- A. Bul-ol C. Naga
B. Gador D. Sarimanok

14. A boat for short distance travel with colorful sail.

- A. Balangay C. Paraw
B. Bangka D. Vinta

15. Which of the following is not a good exercise for cardiovascular endurance?

- A. Swimming C. Riding a bicycle
B. Running D. Weightlifting

16. If I want a good form for my legs, what workout exercise will I focus in?

- A. Upper body exercise C. Core muscles
B. Lower body exercise D. Cardio-endurance

17. James is overweight in 26.4 BMI. How can you help him in designing a fitness program?

- A. regular monitor his blood pressure
B. focus on cardiovascular exercises first before on the muscles to firm.
C. tell his parents to look for his diet.
D. invite him to go to delicious restaurant.

18. Good _____ health is not just the absence of mental illnesses.

- A. Emotional C. Moral-Spiritual
B. Mental D. Social

19. Stress is defined as physiological and _____ responses of the body to a significant

or unexpected change in one's life.

- A. Emotional C. Social
B. Moral-Spiritual D. Mental

20. _____ refers to the things that makes a person stressed.

- A. Stress C. Stressors
B. Distress D. Eustress

*Great, you finished answering the questions.
Congratulations and keep on learning!*