



SECOND QUARTERLY ASSESSMENT
PHYSICAL EDUCATION 11
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Name: _____

Score: _____/70

Grade and Section: _____

Date: _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Identify what is being asked in each statement.

1-4. Give the 4 types of training exercises. (in any order)

1. _____
2. _____
3. _____
4. _____

5-7. 3 ways to measure aerobic training intensity (in any order)

5. _____
6. _____
7. _____

_____ 8. One who worries about his/her weight and body image.

_____ 9. One who sneaks cigarettes when nobody is not around.

_____ 10. One who has never tried to quit smoking.

_____ 11. Type of training that strengthens the heart and lungs and improves muscle function.

_____ 12. Activities that raise heart rate and make breathing somewhat harder.

_____ 13. Also called strength training or weight training.

_____ 14. Type of resistance training that uses classic strength training tools such as dumbbells, barbells and kettlebells.

_____ 15. Type of resistance training that uses devices that have adjustable seats with handles attached either to weights or hydraulics.

_____ 16. Type of resistance training that uses a training tool that uses gravity and the user's body weight to complete various exercises.

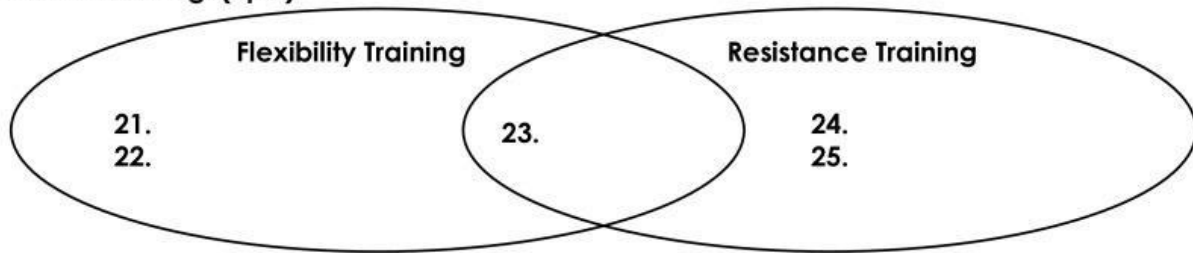
_____ 17. It refers to the number of times you continuously repeat each exercise in a set.

_____ 18. It is a group of repetitions performed without resting.

_____ 19. Basic principle of resistance training that states that muscle needs time to repair and adapt after a workout.

_____ 20. One who always says that it will be his/her last.

II. Create a Venn Diagram showing the similarities and differences of Flexibility Training and Resistance Training. (5pts)



III. Calculate the Maximal Heart Rate of Each Individual. Round off your answers with 2 decimal places.

| | Age | 40% | 60% |
|--------|--------------|-----|-----|
| 26-29. | 30 years old | | |
| 30-33. | 14 years old | | |
| 34-37. | 27 years old | | |
| 38-41. | 36 years old | | |
| 42-45. | 56 years old | | |

IV. Identify what type of training exercises is being shown in each slide. Describe the benefit of it to an individual.

| | |
|--|--|
| | <p>46-48. Type: _____ Benefit: _____ _____ _____</p> |
| | <p>49-50. Type: _____ Benefit: _____ _____ _____</p> |

VI. Answer the following in 2-3 sentences.

51-54. How does aerobic training improve endurance?

55-58. Before doing any physical training we first planning our activities. In life, why is it also important to plan for the future?

59-62. Differentiate rest from recovery.

63-66. Anna is a dancer and every week she needs to perform on stage. Which of the training exercises will benefit her the most? (You need to choose only one)

67-70. Darwin wants to become a champion boxer. Which of the training exercises will benefit him the most? (You need to choose only one)

God is good! 😊
***** END OF EXAM *****