



**SECOND QUARTERLY ASSESSMENT**

**PHYSICAL EDUCATION 11**

Prepared by: Mr. John Albert B. Sajona

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.

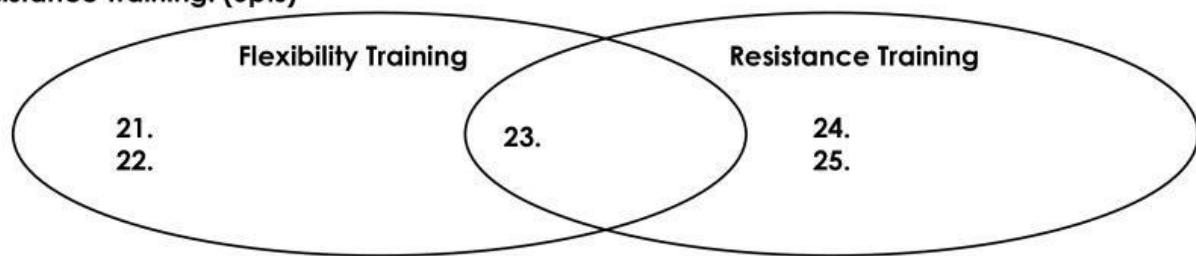
17. It refers to the number of times you continuously repeat each exercise in a set.

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.**

	46-48. Type: _____ Benefit: _____ _____ _____
	49-50. Type: _____ Benefit: _____ _____ _____

**VI. Answer the following in 2-3 sentences.**

51-54. How does aerobic training improve endurance?

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

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59-62. Differentiate rest from recovery.

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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)

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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)

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**God is good! ☺**  
**\*\*\* END OF EXAM \*\*\***