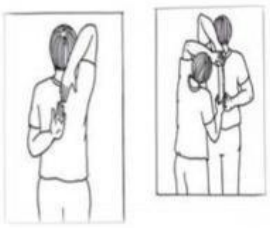
Name: _____
Grade and Section: Grade 7 - _____
Date: April _____, 2024
Teacher: T. MJ
Subject: PEH 7
Title of Activity: 4th Quarter Mastery Test

SCORE	
Total	31
PS	24
Score	

A. Identification. Given the picture below, identify the health-related fitness component/s associated with the physical activities. Choose your answer from the box. Write the letter of your answer in the space provided before the number. (10 pts.)

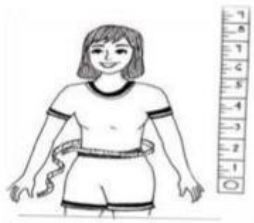
a. Cardiovascular Endurance	**d.** Flexibility
b. Muscular Endurance	**e.** Body Composition
c. Muscular Strength	

1. Zipper Test



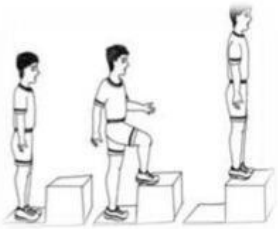
1. _____

2. Waist Circumference Test



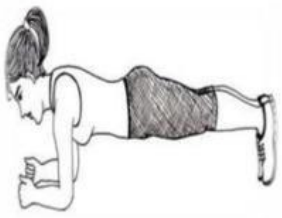
2. _____

3. 3 Minutes Step Test



3. _____

4. Planking



4. _____

5. 40 meter Sprint



5. _____

6. Height Measuring



6. _____

7. Weighing



7. _____

8. Sit and Reach



8. _____

9. Push -ups



9. _____

10. Curl - ups



10. _____

B. Multiple Choice. Choose the correct answer and write your answers on the space provided before each number. (15 points)

_____1. When you execute curl – ups, what health-related fitness component is assessed?
A. Body Composition
B. Cardiovascular Endurance
C. Muscular Endurance
D. Muscular Strength

_____2. After conducting your physical fitness test, your BMI result is 23.8. What is your classification?
A. normal B. obese C. overweight D. underweight

_____3. Which of the following physical fitness tests does not assess muscular strength?
A. Curl-ups B. 90 Degree push-ups C. Planking D. Zipper test

_____4. If your BMI is classified as underweight, what is the BEST way to get normal?
A. Eat green leafy vegetables
B. Get enough sleep
C. Avoid drinking alcoholic beverage
D. All of the above

_____5. This is the proportion rate of body fat to lean body mass. What health related fitness component is

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this?

A. Body Composition
B. Cardiovascular Endurance
C. Muscular Endurance
D. Muscular Strength

_____6. Placing your hands slightly wider than your shoulders and straightening your arms and legs. What physical fitness test is referring to?

A. Curl-ups B. Sit and Reach C. Push-ups D. Zipper test

_____7. In computing your body mass index (BMI), which of the following is the correct computation?

A. WEIGHT (in kilograms)
HEIGHT (in meters) 2
B. WEIGHT (in grams)
HEIGHT (in inches) 2
C. WEIGHT (in kilograms)
HEIGHT (in meters)
D. WEIGHT (in kilograms)
HEIGHT (in centimeter)

_____8. This is the ability of the heart and circulatory system to supply enough oxygen to muscles to a longer period of time. What health-related fitness component is this?

A. Body Composition
B. Cardiovascular Endurance
C. Muscular Endurance
D. Muscular Strength

_____9. Given the table below, what is the classification of the BMI result?

Body Mass Index (BMI)	
Height (meters)	1.37
Weight (kilograms)	40
BMI	21.28

A. Normal B. obese C. overweight D. underweight

_____10. In doing zipper tests, what health-related fitness component is assessed?

A. Body Composition
B. Cardiovascular Endurance
C. Flexibility
D. Muscular Strength

_____11. What component of health-related fitness is assessed in planking?

A. Body Composition
B. Cardiovascular Endurance
C. Muscular Endurance
D. Muscular Strength

_____12. What health-related fitness component is assessed in doing a 3-minute step test?

A. Body Composition
B. Cardiovascular Endurance
C. Muscular Endurance
D. Muscular Strength

_____13. In doing a zipper test, what is your classification result based on the table below?

Zipper Test		
Overlap (in cm) right	2.6 cm.	3.0 cm.
Overlap (in cm) left	3.5 cm.	4.2 cm.

A. Excellent B. Fair C. Good D. Very Good

_____14. What health-related fitness components refers to the ability of the body part to move on it's a full range of motion at a joint?

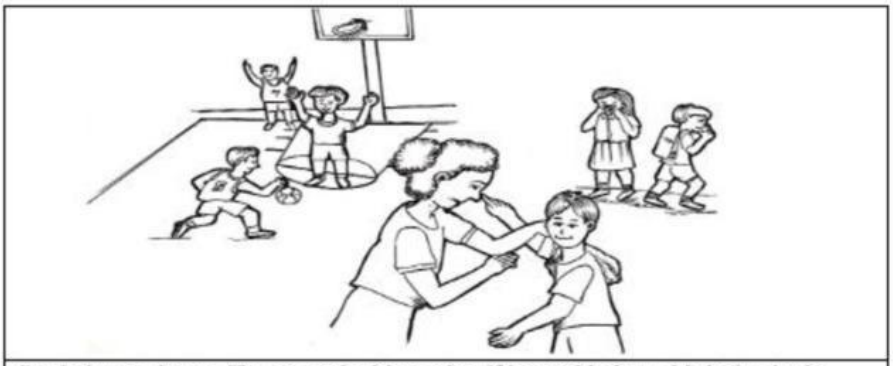
A. Body Composition
B. Cardiovascular Endurance
C. Flexibility
D. Muscular Strength

_____15. What health-related fitness components refers to the ability of the muscles to produce effort or perform work in a short period of time?

A. Body Composition
B. Cardiovascular Endurance
C. Flexibility
D. Muscular Strength

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C. Pictograph. Read and analyze the illustrations. Then, answer the questions given below. Write your answer using 3 sentences in the space provided after each question. (6 points)



On their way home. The son asks his mother if he could play with jack who is playing basketball.



While playing the boy asks her mother if he could play with jack who is sick with asthma. The mother immediately agrees that he can just play with Jack

Then mother noticed that two children who are watching the game are sick and coughing. She told her son to keep distance from those children to avoid getting sick.

Processing Questions.

1. Observe illustration no. 1 and read the caption. Why did the mother ask her son to avoid the kid with cough?

_____

_____

_____

2. Observe illustration no. 2 and read the caption. Why did the mother let her son play with the kid with asthma?

_____

_____

_____

LIVEWORKSHEETS