

Name: _____
Grade and Section: Grade 8 - _____
Date: April _____, 2024
Teacher: T. MJ
Subject: PEH 8
Title of Activity: 4th Quarter Mastery Test

SCORE	
Total	36
PS	28
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.)

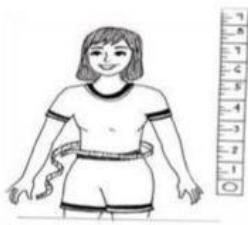
- a.** Cardiovascular Endurance
- b.** Muscular Endurance
- c.** Muscular Strength

- d.** Flexibility
- e.** Body Composition

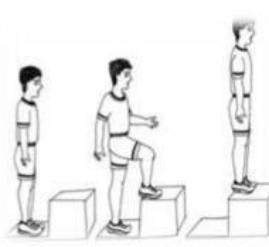
1. Zipper Test



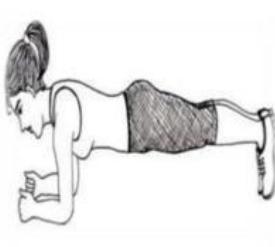
2. Waist Circumference Test



3. 3 Minutes Step Test



4. Planking



1. _____

2. _____

3. _____

4. _____

5. 40 meter Sprint



6. Height Measuring



7. Weighing



8. Sit and Reach



5. _____

6. _____

7. _____

8. _____

9. Push -ups



10. Curl - ups



9. _____

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

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

C. Explanation. Read the questions carefully. Answer the questions on the space provided. (11 points)

1. What are the three main gateway drugs?

2. What are the harmful effects of gateway drugs?

3. What is cigarette smoking?

4. As a teenager, how does drinking alcohol affect your health?

5. How are youth affected by gateway drugs?
