

Name: _____
Grade and Section: Grade 9 - _____
Date: April _____, 2024
Teacher: T. MJ
Subject: PEH 9
Title of Activity: 4th Quarter Mastery Test

SCORE	
Total	36
PS	28
Score	

A. Multiple Choice. Choose the correct answer and write your answers on the space provided before each number. (10 points)

- _____ 1. What is Zumba fitness?
a. A Latin inspired dance fitness program
b. A Latin kickboxing program
c. A Spanish inspired dance fitness program
d. A Spanish inspired aerobic program
- _____ 2. Who can enjoy Zumba?
a. Teenagers b. Old and hip c. Dancers d. Everyone
- _____ 3. What are the possible risks of doing Zumba?
a. One might over exercise c. Boost's heart health
b. It makes you happy d. It improves coordination
- _____ 4. What types of music do you hear in a zumba class?
a. Pop music c. Latin American music
b. Modern Music d. Hip hop music
- _____ 5. How does Zumba benefit the body?
a. Helps you de-stress c. Tones your entire body
b. Great for weight loss d. All of the above
- _____ 6. How many calories can you burn in an hour of Zumba?
a. 100 to 500-calorie c. 1,000 to 1,500-calorie
b. 600 to 1,000-calorie d. 1,000 to 2,000-calorie
- _____ 7. What is the disadvantage of Zumba?
a. It is expensive since you have to pay for an instructor.
b. You'll lose weight but might not gain strength.
c. You can do it at home.
d. It melts belly fat quickly.
- _____ 8. During your Zumba session with the family, your mother experienced an ankle sprain. What will you do?
a. Stop and massage the injured ankle to recover quickly.
b. Apply the RICE method.
c. Apply the PRICE method.
d. Stop, rest for 20 minutes, massage the injured ankle then apply ice
- _____ 9. You invited your father to join the Zumba session. While performing he seems not to follow and perform the routine correctly. What is the best thing that you will do?
a. Teach him how to do the routine to avoid possible risk of injuries.
b. Stop him and choose a simple routine.
c. Choose slower tempo for him to catch up.
d. Let him continue, eventually he will perform it without any mistakes.
- _____ 10. What is the best thing a beginner will do before engaging in a Zumba fitness program?
a. Drink water every 20 minutes.
b. Eat a heavy meal before the activity.
c. Always follow the routine taught.
d. Schedule your Zumba activity twice or thrice a week.

B. Explanation. Read the articles below and answer the given questions. Write your answer using 5 sentences on the space below. (15 points)

Article 19 (Protection from all forms of violence): children have the right to be protected from being hurt and mistreated, physically or mentally. Governments should ensure that children are properly cared for and protect them from violence, abuse and neglect by their parents, or anyone else who looks after them. In terms of discipline, the Convention does not specify what forms of punishment parents should use. However, any form of discipline involving violence is unacceptable.

There are ways to discipline children that are effective in helping children learn about family and social expectations for their behavior – ones that are non-violent, are appropriate to the child's level of development and take the best interests of the child into consideration.

Article 34 (Sexual exploitation): Government should protect children from all forms of sexual exploitation and abuse.

Article 35 (Abduction, sale and trafficking): the government should take all measures possible to make sure that children are not abducted, sold or trafficked.

1. Explain the article that you have read?

2. Do you think the Philippine government has done its duty of protecting the welfare of children against violent actions and behaviors resulting to intentional injuries? Cite example to support your answer.

3. If you were given a chance to talk to the government officials keep you safe from intentional injuries, what would you say to them?

C. Enumeration. List down or enumerate what is being asked. (11 points)

1. Give 3 Health Benefits of Zumba.

2. Give 3 domestic violence abuse and actions.

3. Give 5 Physical Fitness Components in Zumba
