



**SECOND QUARTERLY ASSESSMENT**  
**PHYSICAL EDUCATION 12**  
Prepared by: Mr. Reynan F. Jovido

Name: \_\_\_\_\_

Score: \_\_\_\_/70

Grade and Section: \_\_\_\_\_

Date: \_\_\_\_\_

**I. Choose what is being described by each statement. Write the letter of the correct answer. (5 points).**

\_\_\_\_\_ 1. It is a measure of your body's ability to take oxygen from the atmosphere and use it to produce energy for your muscle cells.

- a. Aerobic Fitness/Exercise
- b. Bone Strengthening Activities
- c. Muscle Strengthening Activities

\_\_\_\_\_ 2. Bone growth stimulated by physical stress brought about by physical activity.

- a. Aerobic Fitness
- b. Bone Strengthening Activities
- c. Muscle Strengthening Activities

\_\_\_\_\_ 3. These are exercises in which groups of muscles work or hold against a force or some weight.

- a. Aerobic Fitness
- b. Bone Strengthening Activities
- c. Muscle Strengthening Activities

\_\_\_\_\_ 4. The repair of muscle fibers happens while muscles are in action.

- a. True
- b. False
- c. Maybe

\_\_\_\_\_ 5. Bone strengthening activities can increase bone density throughout our skeletal system.

- a. True
- b. False
- c. Maybe

**II. Identify what type of exercise are the following pictures. Write Muscle Strengthening, Bone Strengthening or Aerobic.**









6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

		
<p>9. _____</p>	<p>10. _____</p>	<p>11. _____</p>
		
<p>12. _____</p>	<p>13. _____</p>	<p>14. _____</p>

### III. Enumeration.

Give the 3 top barriers to Physical Activity.

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

Give 3 bone-strengthening activities suitable for young people.

18. \_\_\_\_\_

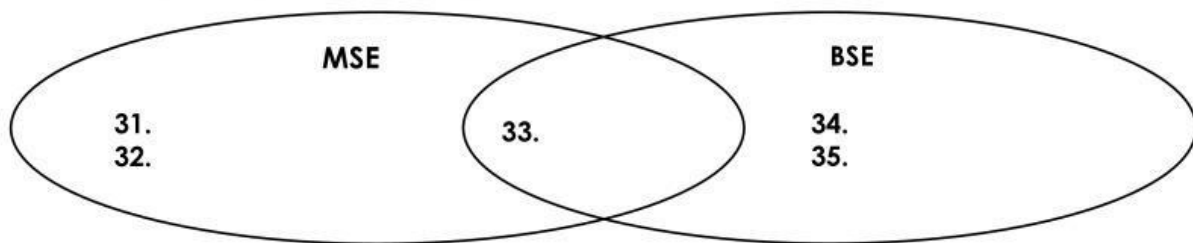
19. \_\_\_\_\_

20. \_\_\_\_\_

IV. Illustrate how the students will be able to reach the optimal fitness. Explain your work in 3-5 sentences (10 points)

	5	3	1
<b>Creativity</b>	Pleasing use of color, shapes, symbols and other visual elements.	Good use of color and eye-catching visual elements.	Little constructive use of color or visual elements.
<b>Content</b>	The idea was presented well.	The idea was bearably presented.	There is no connection between the poster and the instruction.

V. Create a Venn Diagram showing the similarities and differences of Muscle Strengthening Exercise and Bone Strengthening Exercise. (5pts)



VI. Identify what barrier in physical activity is being shown in each picture. Give a solution on how to overcome the given barrier.

	<p>36-37. Barrier: _____</p> <p>38-40. Solution: _____</p> <p>_____</p> <p>_____</p>
	<p>41-42. Barrier: _____</p> <p>43-45. Solution: _____</p> <p>_____</p> <p>_____</p>



46-47. Barrier: \_\_\_\_\_

48-50. Solution: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

51-54. Why are bone-strengthening activities best done during teenage years?

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55-58. How can a physical activity help the mental health of an individual?

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59-62. How could you overcome the barrier of not having access to facilities within your area?

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63-66. How can you say that a physical activity is optimal? How do you achieve optimal fitness?

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67-70. How can exercise improve bone strength?

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**"YOU HAVE TO BE ODD TO BE NUMBER ONE"**

**\*\*\* END OF EXAM \*\*\***