



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. _____

		
9. _____	10. _____	11. _____
		
12. _____	13. _____	14. _____

III. Enumeration.

Give the 3 top barriers to Physical Activity.

15. _____

16. _____

17. _____

Give 3 bone-strengthening activities suitable for young people.

18. _____

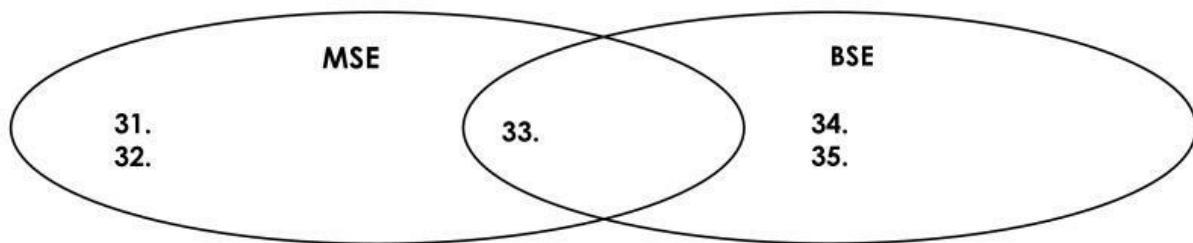
19. _____

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
Creativity	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.
Content	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.

	36-37. Barrier: _____ 38-40. Solution: _____ _____ _____
	41-42. Barrier: _____ 43-45. Solution: _____ _____ _____



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?

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

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

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

67-70. How can exercise improve bone strength?

"YOU HAVE TO BE ODD TO BE NUMBER ONE"

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