GRADE 12: PHYSICAL EDUCATION QUIZ 3 "Hiking and Mountaineering"

NAME:

DATE:

INSTRUCTIONS: Read each question carefully, choose the best answer among the given options. All choices may seem possible, but only one is the most appropriate.

Multiple Choice

_____1. While hiking, you notice dark clouds forming. What is the best action?

A. Continue hiking quickly to finish the trail

B. Seek shelter and check weather updates

C. Ignore the clouds and enjoy the scenery

_____2. Your group is running low on water during a mountain trek. What should you do?

A. Share remaining water and ration carefully

B. Drink all you need now to avoid dehydration

C. Wait until you find a stream without filtering

_____3. A fellow hiker sprains their ankle. What is the best response?

A. Carry them immediately down the mountain

B. Provide first aid and assess mobility

C. Leave them to rest while the group continues

LIVEWORKSHEETS

_____4. You encounter a steep slope with loose rocks. What's the safest approach?

A. Walk quickly to avoid slipping

B. Use trekking poles and move carefully

C. Sit and slide down the slope

_____5. During a hike, you realize you're lost. What should you do first?

A. Panic and run in random directions

B. Stay calm, retrace steps, and use a map/compass

C. Shout loudly until someone hears you

_____6. You plan a mountaineering trip. Which preparation is most important?

A. Pack light snacks only

B. Research terrain, weather, and bring proper gear

C. Rely on your fitness and improvise

_____7. A teammate shows signs of altitude sickness. What's the best action?

A. Encourage them to push through

B. Descend to a lower altitude immediately

C. Give them more food and water

_____8. While hiking, you see wildlife nearby. What's the safest response?

A. Approach quietly for photos

B. Observe from a safe distance

C. Throw food to attract them

LIVEWORKSHEETS

_____9. You're crossing a river during a hike. What's the safest method?

A. Cross at the widest point

B. Cross at a shallow, calm section

C. Jump across the rocks quickly

_____10. Your flashlight battery dies during a night hike. What should you do?

A. Continue walking in the dark

B. Stay put and wait for daylight or help

C. Use your phone light sparingly

True or False

_____11. Wearing cotton clothes is the best choice for mountaineering.

_____Hiking alone is always safer than hiking in groups.

_____13. Hydration and pacing are key to preventing exhaustion.

_____14. Leaving trash behind is acceptable if it's biodegradable.

_____A whistle is an essential emergency tool in hiking.

Analogy

_____16. Compass : Direction :: Map : _____

A. Location B. Distance

_____17. Hiking boots : Safety :: Backpack : _____

A. Comfort B. Storage

LIVEWORKSHEETS

_____18. Oxygen : Survival at altitude :: Water : _____

A. Hydration B. Energy

_____19. Rope : Climbing :: Tent : _____

A. Shelter B. Warmth

_____20. Trail markers : Guidance :: First aid kit : _____

A. Safety B. Preparation

Situational Multiple Choice

_____21. You're hiking in hot weather. What's the best way to avoid heat exhaustion?

A. Drink water regularly and rest in shade

B. Walk faster to finish sooner

C. Wear heavy clothing to sweat more

_____22. A storm is approaching while you're camping. What's the safest action?

A. Stay inside the tent and hope it passes

B. Move to lower ground away from trees

C. Continue cooking outside

_____23. You find a fellow hiker unconscious. What's the first step?

A. Check responsiveness and breathing

B. Pour water on them to wake them

C. Leave them and call later

LIVEWORKSHEETS

_____24. You're hiking at night and hear strange noises. What's the best response?

A. Investigate immediately with a flashlight

B. Stay calm, stay on trail, and move cautiously

C. Run quickly to avoid danger

_____25. Your group reaches the summit. What's the best practice before descending?

A. Celebrate loudly and rush down

B. Rest, hydrate, and check equipment

C. Take selfies and ignore safety checks

LIVEWORKSHEETS