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# Exam questions

## Multiple-choice questions

1. (a) Health is:

- A The ability to meet the demands of the environment
- B Working towards improving all areas of the body
- C A state of complete physical fitness and calmness
- D A state of physical, mental and social well-being

(1)

(b) Fitness is:

- A Being able to exercise properly, three to five times a week
- B The ability to meet the demands of the environment
- C Following a training programme for a particular sport
- D A form of training to improve health and fitness

(1)

2. The following statements relate to health-related exercise. Decide which combination is correct.

(a) Statement 1: Flexibility allows the joints to move to the full range available.

Statement 2: Muscular endurance relies on full movement at a joint.

- A Both statements are true
- B Statement 1 is true, Statement 2 is false
- C Statement 1 is false, Statement 2 is true
- D Both statements are false

(1)

(b) Statement 1: Muscular endurance allows the muscles to work over long periods without tiring.

Statement 2: Muscular strength is still needed late in a game and relies on the muscles contracting and relaxing efficiently.

- A Both statements are true
- B Statement 1 is true, Statement 2 is false
- C Statement 1 is false, Statement 2 is true
- D Both statements are false

(1)

## Short-answer questions

3. Name **two** sports that rely on **muscular endurance**. (2)

4. What does the following definition describe? 'The resulting skill-related fitness component that combines strength and speed in an action'. (1)

(1)

## Longer-answer questions

5. This question is about flexibility.

(a) Choose a sporting activity that requires flexibility. (1)

(b) Give **two** examples for your chosen activity describing the actions that require flexibility. (2)

(2)

6. What is the difference between muscular strength and muscular endurance? (2)

(2)