

Physical Education Final Exam:

Name:

Date:

Directions: Please read each question carefully. After reading, answer each question accordingly. Remember, this final exam will be worth a substantial amount of your overall grade (92 product points). Each question is worth 2 % points.

1. The health-related component of fitness that gets worked on in a 5 minute jog is:
 - a. Muscular Strength
 - b. Speed
 - c. Agility
 - d. Cardiovascular Endurance

2. True/False: When doing a push up, your elbows should be at 90-degrees when you go down.

3. What is the purpose of stretching?
 - a. To prevent injury
 - b. To get ready for exercise
 - c. To prevent muscle-cramping
 - d. All of the above

4. Which health-related component of fitness does the Sit and Reach test measure?
 - a. Flexibility
 - b. Muscular Endurance
 - c. Muscular Strength
 - d. Body Composition

5. What muscle do you stretch when performing the "Toe Soldiers" stretch?

Physical Education Final Exam Questions

AW Rasmussen



Physical Education Final Exam Questions:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Physical Education Final Exam Questions**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the lyrical pages of **Physical Education Final Exam Questions**, a charming perform of fictional splendor that pulses with organic thoughts, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that interesting opus manuals readers on a psychological odyssey, gently exposing the latent possible and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect its captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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