

## 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

**Scott C. Dulebohn**



## **Physical Education Final Exam Questions:**

## **Physical Education Final Exam Questions** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Physical Education Final Exam Questions**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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