

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

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Decoding **Physical Education Final Exam Questions**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Physical Education Final Exam Questions**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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