

## 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

**ML Morrison**



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