

# MAPEH Test G9 (Physical Education)

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## 4. Chapter: MAPEH Test G9 (Physical Education)

### 1. MAPEH Test G9 (Physical Education) Questions

#### 4.1.1. What component of fitness would be required for the splits or high ...

Author: Angelica Lito

What component of fitness would be required for the splits or high kick?

Please choose only one answer:

- Muscular Endurance
- Flexibility
- Speed
- Coordination

Check the answer of this question online at QuizOver.com:

Question: [What component of fitness would be required Angelica MAPEH G9 Quest](#)

Flashcards:

<http://www.quizover.com/flashcards/question-what-component-of-fitness-would-be-required-angelica-mapeh-g9?pdf=1505>

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#### 4.1.2. To improve muscular endurance an athlete should do?

Author: Angelica Lito

To improve muscular endurance an athlete should do?

Please choose only one answer:

- high repetitions with heavy weights
- Low repetitions with heavy weights
- high repetitions with light weights
- low repetitions with light weights

Check the answer of this question online at QuizOver.com:

Question: [To improve muscular endurance an athlete Angelica Lito MAPEH G9 Quest](#)

Flashcards:

<http://www.quizover.com/flashcards/question-to-improve-muscular-endurance-an-athlete-angelica-lito-mapeh?pdf=1505>

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### 4.1.3. Which one is NOT a component of fitness?

Author: Angelica Lito

Which one is NOT a component of fitness?

Please choose only one answer:

- Weight training
- Balance
- Co-ordination
- Balance

Check the answer of this question online at QuizOver.com:

Question: [Which one is NOT a component of fitness Angelica Lito MAPEH G9 Quest](#)

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#### 4.1.4. The 50 meter sprint test can indicate an athletes

Author: Angelica Lito

The 50 meter sprint test can indicate an athletes

Please choose only one answer:

- balance
- power
- speed
- agility

Check the answer of this question online at QuizOver.com:

Question: [The 50 meter sprint test can indicate an Angelica Lito MAPEH G9 Quest](#)

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#### 4.1.5. An appropriate exercise to develop abdominal muscular endurance wou...

Author: Angelica Lito

An appropriate exercise to develop abdominal muscular endurance would be?

Please choose only one answer:

- push-ups
- sit-ups
- chin-ups
- pull-ips

Check the answer of this question online at QuizOver.com:

Question: [An appropriate exercise to develop abdominal Angelica MAPEH G9 Quest](#)

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#### 4.1.6. A test that can indicate ones muscular power is?

Author: Angelica Lito

A test that can indicate ones muscular power is?

Please choose only one answer:

- The sit up test
- Standing long jump
- The beep test
- 40-m sprint

Check the answer of this question online at QuizOver.com:

Question: [A test that can indicate ones muscular Angelica Lito MAPEH G9 Quest](#)

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#### 4.1.7. Muscular endurance is the ability to exert a single maximal contrac...

Author: Angelica Lito

Muscular endurance is the ability to exert a single maximal contraction.

Please choose only one answer:

- True
- False

Check the answer of this question online at QuizOver.com:

Question: [Muscular endurance is the ability to exert Angelica Lito MAPEH G9](#)

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#### 4.1.8. Which sport has a primary focus on muscular power?

Author: Angelica Lito

Which sport has a primary focus on muscular power?

Please choose only one answer:

- weight lifting
- tennis
- Rugby
- Footbal

Check the answer of this question online at QuizOver.com:

Question: [Which sport has a primary focus on muscular Angelica MAPEH G9 Quest](#)

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#### 4.1.9. The bodies ability to change direction at speed is called?

Author: Angelica Lito

The bodies ability to change direction at speed is called?

Please choose only one answer:

- speed
- muscular power
- agility
- coordination

Check the answer of this question online at QuizOver.com:

Question: [The bodies ability to change direction at Angelica Lito MAPEH G9](#)

Flashcards:

<http://www.quizover.com/flashcards/question-the-bodies-ability-to-change-direction-at-angelica-lito-mapeh?pdf=1505>

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#### 4.1.10. The ability of the heart, blood, blood vessels, and the respiratory...

Author: Angelica Lito

The ability of the heart, blood, blood vessels, and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise is called:

Please choose only one answer:

- Health-related fitness.
- Skill-related fitness.
- Physical fitness.
- Cardiovascular fitness

Check the answer of this question online at [QuizOver.com](http://www.quizover.com):

Question: [The ability of the heart blood blood vessels Angelica MAPEH G9 Quest](#)

Flashcards:

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#### 4.1.11. The health-related components of physical fitness are most associat...

Author: Angelica Lito

The health-related components of physical fitness are most associated with:

Please choose only one answer:

- How fast you improve.
- How well the systems of the body operate.
- How well you perform in sports activities.
- Your level of athletic ability.

Check the answer of this question online at QuizOver.com:

Question: [The health-related components of physical Angelica Lito MAPEH G9](#)

Flashcards:

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#### 4.1.12. Flexibility, cardiovascular endurance, muscular strength, muscular ...

Author: Angelica Lito

Flexibility, cardiovascular endurance, muscular strength, muscular endurance, and body composition are all components of HEALTH-RELATED FITNESS.

Please choose only one answer:

- True
- False

Check the answer of this question online at QuizOver.com:

Question: [Flexibility cardiovascular endurance muscular Angelica MAPEH G9 Quest](#)

Flashcards:

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#### 4.1.13. Health-related fitness standards are best described as:

Author: Angelica Lito

Health-related fitness standards are best described as:

Please choose only one answer:

- A method of comparing yourself to other people.
- Satisfactory levels of flexibility, cardiovascular fitness, muscular strength and endurance, and body composition necessary for good health.
- Scoring at the 70th percentile.
- The percentage of individuals of the same age and sex who scored at or below your test

Check the answer of this question online at QuizOver.com:

Question: [Health-related fitness standards are best Angelica Lito MAPEH G9](#)

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#### 4.1.14. Body composition is best described as the:

Author: Angelica Lito

Body composition is best described as the:

Please choose only one answer:

- Amount of fat a person has.
- Key to health-related fitness.
- Ratio of fat to muscle, bone, and other tissue in a person's body.
- Amount of muscle a person has.

Check the answer of this question online at QuizOver.com:

Question: [Body composition is best described as the Angelica Lito MAPEH G9](#)

Flashcards:

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#### 4.1.15. The amount of time it takes to get moving once your senses signal t...

Author: Angelica Lito

The amount of time it takes to get moving once your senses signal the need to move is:

Please choose only one answer:

- Agility
- Coordination
- Speed
- Reaction time

Check the answer of this question online at QuizOver.com:

Question: [The amount of time it takes to get moving Angelica Lito MAPEH G9](#)

Flashcards:

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#### 4.1.16. The purpose of the initial fitness assessment, or pre-test, is:

Author: Angelica Lito

The purpose of the initial fitness assessment, or pre-test, is:

Please choose only one answer:

- To compare students to each other.
- To identify your strengths and weaknesses.
- To provide you with a basis for setting realistic goals
- B and C are both correct.

Check the answer of this question online at QuizOver.com:

Question: [The purpose of the initial fitness assessment Angelica MAPEH G9 Quest](#)

Flashcards:

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#### 4.1.17. Because flexibility is specific to each joint, no single test can p...

Author: Angelica Lito

Because flexibility is specific to each joint, no single test can provide complete information about the flexibility of all major joints of your body.

Please choose only one answer:

- True
- False

Check the answer of this question online at QuizOver.com:

Question: [Because flexibility is specific to each Angelica Lito MAPEH G9 Quest](#)

Flashcards:

<http://www.quizover.com/flashcards/question-because-flexibility-is-specific-to-each-angelica-lito-mapeh-g?pdf=1505>

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#### 4.1.18. Self-testing throughout a fitness plan helps to monitor progress, d...

Author: Angelica Lito

Self-testing throughout a fitness plan helps to monitor progress, determine effectiveness of the program, and update your goals.

Please choose only one answer:

- True
- False

Check the answer of this question online at QuizOver.com:

Question: [Self-testing throughout a fitness plan Angelica Lito MAPEH G9 Quest](#)

Flashcards:

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4.1.19. The ability of muscles to exert force one time is called:

Author: Angelica Lito

The ability of muscles to exert force one time is called:

Please choose only one answer:

- Muscular endurance.
- Muscular strength.
- Power
- Reaction time .

Check the answer of this question online at QuizOver.com:

Question: [The ability of muscles to exert force one Angelica Lito MAPEH G9](#)

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#### 4.1.20. You have to be an athlete to be physically fit

Author: Angelica Lito

You have to be an athlete to be physically fit

Please choose only one answer:

- True
- False

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Question: [You have to be an athlete to be physically Angelica Lito MAPEH G9](#)

Flashcards:

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