External assessment 2024

Multiple choice question book

Physical Education

General instruction

- Work in this book will not be marked.

Queensland Government | QCAA Queensland Curriculum & Assessment Authority

Section 1

Instruction

- Respond to these questions in the question and response book.

QUESTION 1

Identify the correct order in which the aerobic system uses the following fuel sources.

(A) carbohydrates, protein, fats

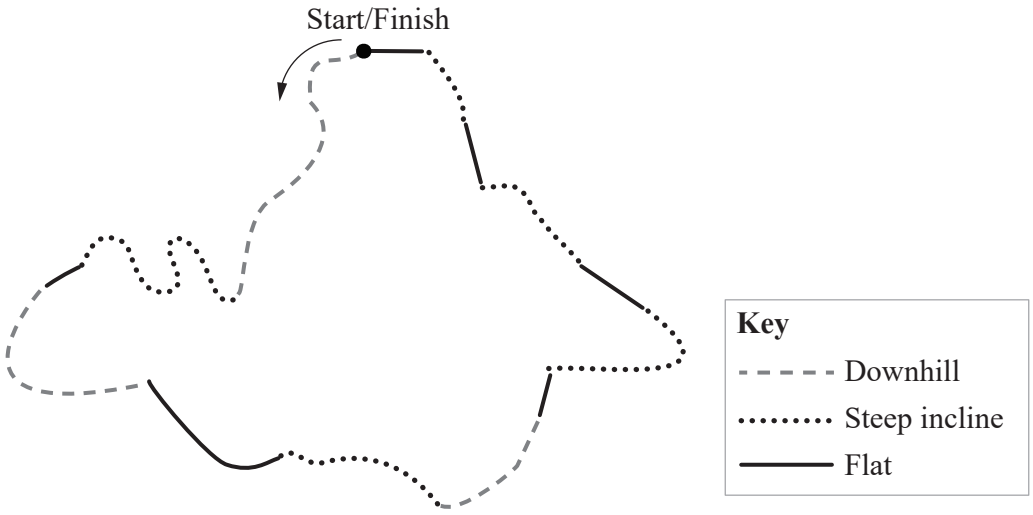
(B) carbohydrates, fats, protein

(C) protein, fats, carbohydrates

(D) fats, carbohydrates, protein

QUESTION 2

A training course is shown.



Which training method is depicted?

(A) continuous

(B) interval

(C) circuit

(D) fartlek

QUESTION 3

Partial breakdown of glucose for energy production is used in which process?

(A) aerobic glycolysis

(B) enzyme glycolysis

(C) anaerobic glycolysis

(D) phosphate glycolysis

QUESTION 4

Which training principle focuses on developing a training environment that contains dynamic exercises and routines, and increases progressions and adaptations through a range of activities, contexts and movement options?

(A) progressive overload

(B) individuality

(C) specificity

(D) variety

QUESTION 5

Key features of a training program include

(A) training objectives, game analysis, work volume and recovery.

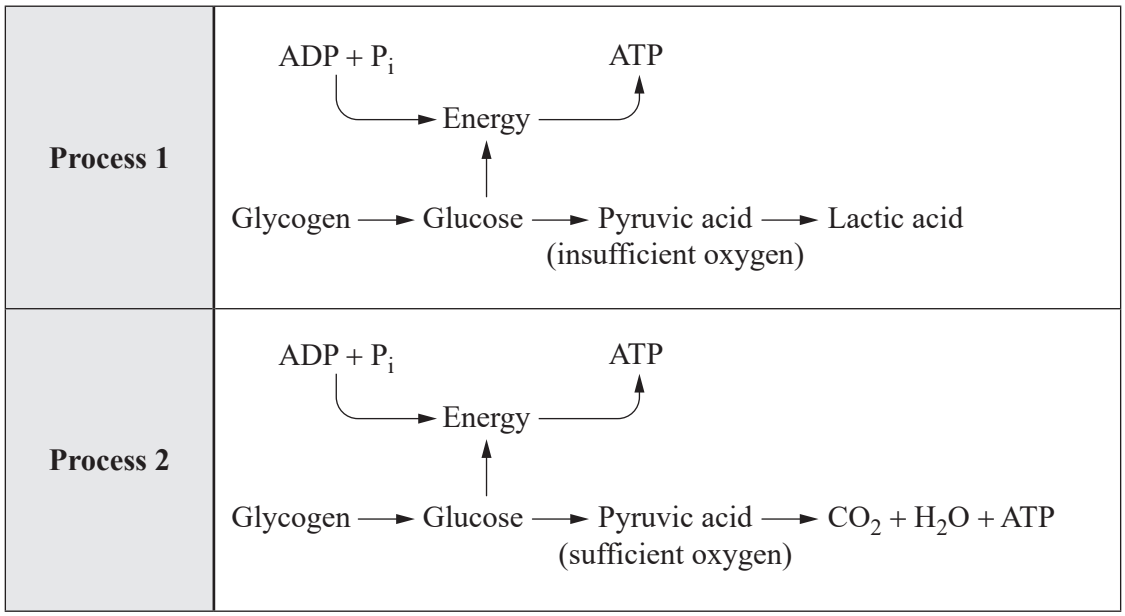
(B) game analysis, frequency, intensity, duration and cool down.

(C) work volume, RAMP, duration and training objectives.

(D) frequency, intensity, duration and conditioning.

QUESTION 6

The diagram shows adenosine triphosphate (ATP) resynthesis.



Identify the system shown in process 1 and the system shown in process 2.

	Process 1	Process 2
(A)	Lactic acid system	ATP-CP system
(B)	ATP-CP system	Lactic acid system
(C)	Aerobic system	Anaerobic systems
(D)	Anaerobic systems	Aerobic system

QUESTION 7

A benefit of including active recovery in a training session is

(A) promotion of blood circulation and help in removing waste products from soft tissue.

(B) promotion of lactate production through an increase in oxygen uptake.

(C) maintenance of heart rate and cooling down of the body.

(D) reduction in fatigue and promotion of oxygen debt.

QUESTION 8

An athlete's journal entries are shown.

Monday	Went to the gym today. Completed lots of repetitions and sets. All good.
Tuesday	Hard session today. Did long sprints with rest periods that felt like they were shorter each time.
Wednesday	Rest day today. Body is sore after the sprints so I will take it easy.
Thursday	Training started with hill sprints, then two laps of the oval, then hill sprints repeated. After a short rest, we moved into an opposed game. I was exhausted.
Friday	We reviewed our game from last week. Team discussion and the coach gave the team the game plan for tomorrow.
Saturday	Game day today. Went for a light jog this morning. Coach ran the pre-game warm-up and I played the whole game.
Sunday	Pulled up sore today after yesterday's game. Did a few stretches and went for a swim.

Which training method is not evident?

(A) circuit

(B) fartlek

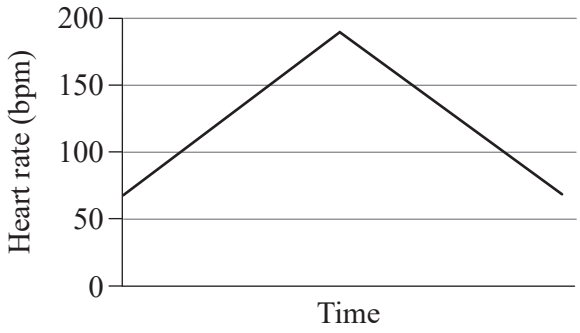
(C) interval

(D) resistance

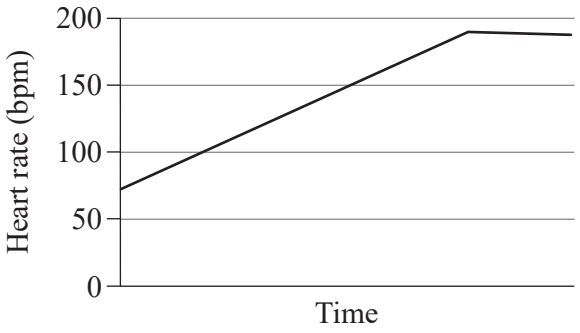
QUESTION 9

The warm-up, conditioning phase and cool down in a training session are likely to cause the heart rate shown in which graph?

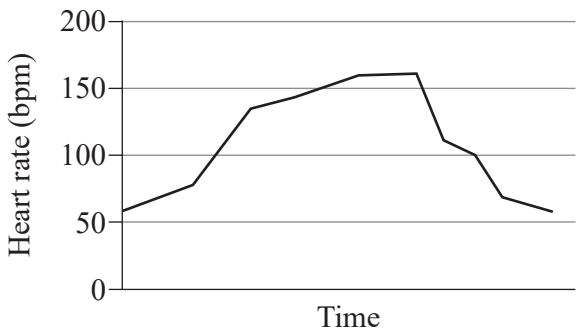
(A)



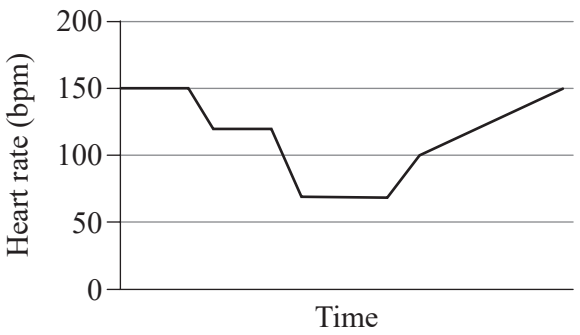
(B)



(C)



(D)



QUESTION 10

What is the correct order of the phases of training for effective periodisation in an annual plan?

(A) pre-competition, competition, preparatory, transition

(B) transition, preparatory, pre-competition, competition

(C) preparatory, competition, transition, pre-competition

(D) preparatory, transition, pre-competition, competition

THIS PAGE IS INTENTIONALLY BLANK