



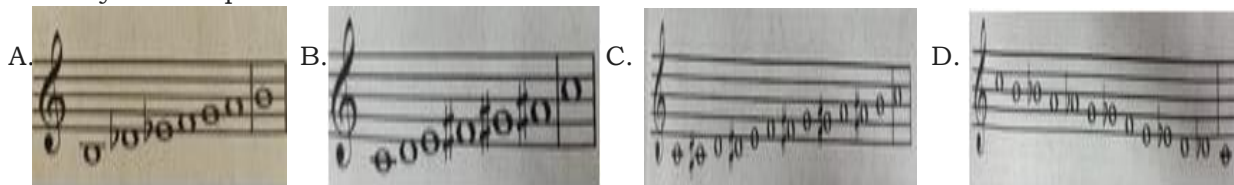
Republic of the Philippines
Department of Education
Region X – Northern Mindanao

Regional Achievement Test
MUSIC, ARTS, PE and HEALTH 10

1. How will one distinguish the flow of music in Impressionism?
 - A. It has resolved dissonance.
 - B. It has unresolved dissonance.
 - C. It has mild dissonance.
 - D. It has fair unresolved dissonance.
2. While performing the atonal system, what kind of musicality did Schoenberg use?
 - A. Prelude a l'apres midi d'un faune
 - B. Engulfed Cathedral
 - C. Pierrot Lunaire
 - D. Bolero and La Valse
3. Jared is given an audio clip of a 20th-century musical piece. As a Grade 10 student, how will Jared identify the description of distinctive musical elements?
 - A. Identify the syncopated rhythm pattern created by the percussion instruments, explaining how it adds a sense of unpredictability to the music.
 - B. Recognize the use of the trumpet and saxophone, discussing how their jazzy tones contribute to the overall energy of the composition.
 - C. Evaluate the socially conscious lyrics, exploring how they reflect the turbulent historical context of the mid-20th century.
 - D. Examine the dissonant harmonic structure in the strings, clarifying how it creates a sense of tension and uniqueness in the piece.
4. Zofia is attending a music performance class featuring 20th-century styles. In this class, different pieces are played. In your own opinion, which among the selections display the musical element in 20th century styles?
 - A. The gradual tempo changes during the bridge and chorus, illustrating how they enhance the emotional dynamics of the piece.
 - B. The composer's influence of Eastern philosophy on the composition, highlighting specific musical elements that reflect this influence.
 - C. The use of synthesizers and electronic beats, explaining how they contribute to the futuristic sound characteristic of 20th-century electronic music.
 - D. The use of the minimalist set design, focusing on how it complements the simplicity and clarity of the chosen musical pieces.
5. What are the types of music that people listen to through radio broadcasting?
 - A. Classical and Opera music
 - B. Ballad and Jazz music
 - C. Pop and Rock music
 - D. Melodic music
6. Which is TRUE about Impressionism?
 - A. It uses a whole-tone scale in musical elements.
 - B. It uses a half-tone scale in musical elements.
 - C. It uses a quarter- rest tone in musical elements.
 - D. It uses a whole-rest tone scale in musical elements.
7. Which statement best characterizes the 20th century music?
 - A. Age of classical music.
 - B. Age of medieval music.
 - C. Age of musical diversity.
 - D. Age of Western art music.
8. You are tasked with organizing a seminar on 20th-century music performance practices, what salient feature on performance practice are you going to consider?

- A. Analyze the impact of unconventional venues, such as art galleries and industrial spaces, on the performance setting and its influence on audience engagement.
 - B. Examine the incorporation of chance elements in composition, discussing how it challenges traditional notions of musical structure and interpretation.
 - C. Investigate the evolving role of composers as performers in experimental genres, highlighting how this dynamic reshapes the traditional relationship between creator and interpreter.
 - D. Assess the interactive nature of audience participation in avant-garde performances, exploring how it transforms the conventional performer-audience relationship.
9. You are studying a 20th-century orchestral piece known for its innovative performance practices. Which among the relevant aspects explains a notable performance practice?
- A. Examine the unconventional use of instruments, such as prepared piano and electronic elements, and their impact on the overall sonic landscape.
 - B. Evaluate the historical context of the composer's life, exploring how it influenced the thematic choices in the composition.
 - C. Investigate the choreography and stage design of a specific performance, emphasizing how it enhances the audience's visual experience.
 - D. Analyze the traditional harmonic structure of the piece, focusing on its adherence to established musical norms.
10. You are attending a 20th-century music concert that features a blend of classical and experimental compositions. What performance practice elements is the most relevant aspect to focus on?
- A. The role of the audience in shaping the interpretation of the music, particularly in interactive segments where participation is encouraged.
 - B. The symbolic use of costumes and lighting, discussing how they contribute to the thematic representation of the compositions.
 - C. The compositional techniques, such as serialism or aleatoric elements, and their influence on the performer's interpretation.
 - D. The biographical background of the performers, emphasizing how their experiences shape the execution of the 20th-century pieces.
11. How did Arnold Schoenberg compose his music?
- A. He used a whole-tone semitone.
 - B. He used the 12 different tones.
 - C. He used 12 chromatic tones.
 - D. He used quarter-tone semitone.
12. Which of the following statements best describes what electronic music is?
- A. It is the process of creating music using computers or producing digital audio signals.
 - B. It is the process of exploring music using gadgets.
 - C. It is the process of applying the elements of music.
 - D. It is the process of using synthesizers to make the music more pleasing to hear.
13. Expressionist music often features the following traits EXCEPT one. Which is it?
- A. extremes of pitch
 - B. static harmony
 - C. constantly changing textures
 - D. a high level of dissonance
14. In a class discussion on the interconnectedness of 20th-century art, consider the relationship between music and other art forms. Choose the most insightful perspective to analyze how 20th-century music relates to other artistic expressions:
- A. Examine the impact of advancements in technology, such as radio and television, on the global dissemination of 20th-century musical genres and its influence on societal culture.
 - B. Investigate the role of visual arts movements, such as abstract expressionism, in shaping the thematic elements of 20th-century album cover designs.
 - C. Explore the parallels between the rise of modern dance and its reflection in the rhythmic patterns and choreography of 20th-century music performances.
 - D. Analyze the influence of literary movements, such as existentialism, on the philosophical themes embedded in the lyrics of 20th-century protest songs.

15. How will you transpose a whole tone scale on C to whole tone scale on B?



16. Janelle is tasked with creating a multimedia presentation showcasing the interconnectedness of 20th-century music with other art forms and media. What is the most effective art form for Janelle to do in order to demonstrate these connections?

- A. Develop a timeline highlighting the collaboration between 20th-century composers and visual artists, showcasing how album cover designs reflected artistic movements.
- B. Create a timeline series exploring the influence of 20th-century literature on song lyrics, discussing themes, and shared cultural commentary.
- C. Produce a short documentary focusing on the impact of dance styles, such as swing and hip-hop, on the rhythmic elements and choreography in 20th-century music performances.
- D. Design an interactive online exhibit showcasing the integration of 20th-century architectural principles in the stage design of iconic music festivals.

17. Which of the following statements does NOT describe chance music?

- A. It is music where an element of the composition is left to chance.
- B. The composer does not have significant control over the notation.
- C. Some primary element of a composed work's realization is left to the determination of its performer(s).
- D. It is associated with procedures in which the chance element involves a relatively limited number of possibilities.

18. You are assigned a research project to explore the intersection of 20th-century music with other art forms and media. Choose the most effective research approach to gather information.

- A. Utilize primary sources, such as interviews with composers and performers, to gain firsthand insights into the collaborative processes between musicians and visual artists during the 20th century.
- B. Rely on online forums and social media platforms to collect opinions and anecdotes from contemporary audiences about their experiences with 20th-century music and its connection to other art forms.
- C. Focus on academic articles and journals that delve into the theoretical aspects of 20th-century music and its relationship with visual arts, providing a scholarly perspective.
- D. Conduct surveys among your peers to gather personal preferences regarding the integration of 20th-century music with various media forms, aiming for a more grassroots understanding.

19. During a rehearsal for the school band, there is disagreement among the members about the tempo of a particular piece. Some want it faster for excitement, while others prefer a slower pace for clarity. What will the band members do to arrive at a resolution?

- A. Let each member play the piece at their preferred tempo, and the majority will decide.
- B. Compromise by playing the piece at a medium tempo that somewhat satisfies everyone.
- C. Establish guided criteria that outline the goals of the performance, allowing for a balanced discussion on the appropriate tempo.
- D. Ask the music teacher to choose the tempo to avoid conflicts among the band members.

20. You are assigned to analyze a live music performance using guided criteria in your music class. Which of the following actions demonstrates effective information literacy in music performances?

- A. Relying solely on your personal opinion without consulting any external sources.
- B. Focusing on the performer's appearance and stage presence rather than musical elements.
- C. Using social media comments as the primary source of evaluation for the performance.
- D. Incorporating feedback from music experts and scholars to enrich your analysis.

ARTS

21. How will you lighten the value of color when working with transparent water color paints?

- A. reduce the amount of water mixed into the paint
- B. paint a dark color in an adjacent area

- C. apply a thinner paint with water
D. mix the color with its complementary color
22. Which form of art is being referred to as a style grounded in consumer culture, the mass media, and popular culture?
A. Pop Art B. Op Art C. Non Objectivism D. Fauvism

23. Jose Joya is a mixed media and famous abstract expressionist artist. His painting, “Hills of Nikko” (Japan, 1964) is an allegory to human imperfections. As an art enthusiast, what can you infer from this painting?

- A. It's a large scale of profound interplay between the hills' Diagonal swipes and tones as it showed metaphorical techniques and composition.
B. The vigorous composition showed how bold brushes techniques and controlled dips can impose imperfections.
C. The hills' flaws were thoroughly covered by snow expressed by the artist in terms of bold, brush strokes and superimposition of lines.



- D. The view depicted a tension from the surface of the canvass to the artist's point of view and expression.

24. If you were to analyze Anton Del Castillo's Pop Art work “Resisting Temptation” (2019), what possible conclusion can you make?

- A. He made use of easily recognizable objects and images from the emerging consumer society.
B. He seemed to enjoy nonsense for its own sake and simply wanted to laugh at the world.
C. He distorted and used impersonal approach that aimed for balance and unity.
D. He used human figures as mere outlines, rendered purposely without emotions.



25. Why is Fernando Cueto Amorsolo considered a famous counterpart artist of Impressionism art?

- A. because his works were not intended to be clear or precise, but more like a fleeting fragment of reality
B. because his works have tremendous impact and influence on the artistic styles and movements of today
C. because his works depicted painting techniques that were very much concerned with line, form and composition
D. because his works often reflected short broken strokes that were intentionally made visible to the viewer

26. Janelle went to a gallery shop to buy a birthday gift for her mother whose request is to own a Surrealism art. Among the paintings, which do you think illustrates Surrealism Art?

A.



B.



C.



D.



27. Which explains why Installation art is often referred to as Contemporary art?

- A. It is painted in style, uses colors and visual distortions.
B. It uses sculptural materials and other media to modify the way the viewer expresses a particular space.
C. It adopts basic forms such as planes, cone and spheres all fit together precisely in their appointed places.
D. It depicts a dynamic sensation of force, motion, strength and speed applied in different mechanical forms.

28. Why is Pablo Picasso's "Guernica" (1937) recognized as the most monumental and comprehensive statement of social realism against the brutality of war?
- A. It spoke against the hazardous conditions faced by coal miners after a tragic accident.
 - B. The artwork depicted horror and protest against the norms and authorities.
 - C. It captured an image of momentary "impression" towards injustice and cry for the poor.
 - D. It was Picasso's outcry against the German air raid of the town in his native Spain.



29. What makes Vincent Van Gogh's Starry Night painting "remarkable"?

- A. The strong, heavy brush strokes, intense emotions, and colors appeared to almost pulsate with energy.
- B. The distorted outlines, strong colors and exaggerated forms were vividly applied.
- C. The artwork worked with creative imagination and feelings rather than what one's eye saw in the physical world.
- D. The artwork is characterized with memory images and visual tricks and surprises.



30. If Expressionism is more like a fleeting fragment of reality caught on canvass, and is not intended to be clear or precise, what does abstractionism entail, on the other hand?
- A. It is logical and rational and involves analyzing, detaching, selecting, and simplifying.
 - B. It speaks powerfully about contemporary issues challenging their viewers to respond.
 - C. It can be constructed or positioned in everyday public or private spaces, both indoor and outdoor
 - D. It is expected to interact with and be affected by the sensory experience that surrounds them

31. In the painting, "The Scream (Edvard Much), which of the following descriptions best interprets the painter's point of view?

- A. It is an image of connection and happiness, and the artist uses bright, bold colors to appeal to the eye.
- B. It is an image of sadness, and the artist uses only dark colors like blue and black to suggest depression.
- C. It is an image of fear and alienation, and the artist uses swirling colors and strong diagonals to convey the isolation
- D. It is an image of love of life, and the artist focuses on the human qualities of the central figure's face to emphasize his point.



32. Which explains why Pablo Picasso's painting was admired so much?
- A. He used logical and rational themes as freedom of expression.
 - B. He developed a distinctive style of his own that was appropriate for and reflective of the time in which he worked.
 - C. He characterized life in the 20th century applying intellectual points of view.
 - D. He formulated the concepts of space-time and relativity and were reflected in his art.

33. Zofia found plenty of plastic cans, bottles and other sculptural materials in their backyard. Inspired on how to help during this pandemic, she wants to build an installation art for community awareness. How will she do it?

- A. Paste and collage all materials and have it installed in an area where no one can touch nor destroy the artwork.
- B. Gather all the materials she has; construct and install them in public place; and use light, video, and sound to make it more interactive.
- C. Dismantle the collected sculptural materials; use a grinder; and, paste them altogether on the wall for better public viewing.
- D. Design an installation art using a software to create a three-dimensional artwork.

34. Technology-based art is essentially computer-generated employing the idea of elements of art. Which of the following relates to a digital-based production of arts?

- A. still life elements is emphasized
- B. used of natural pigments is observed
- C. geometric forms and patterns appear frequently
- D. brushing technique and visual texture is apparent

35. Digital Photography captures good quality image into a digital file. To arrive a procedure in taking a good photograph, arrange the statements found in the box accordingly.

I. Take a variety of shots and choose the best.
II. Position the subject
III. Choose a good location
IV. Check available background so that focus will be on your chosen subject.

- A. I-II-III-IV B. IV-III-I-II C. III-I-II-IV D. III-IV-II-I
36. Benz wanted to capture a good quality, candid photographic image of the front liners using the digital single lens reflex or DSLR, what guidelines should Benz follow?
- A. Position himself in front of the subject after sunset with less source of light.
B. Position himself where he can capture the most engaging moment of expression.
C. Position himself at the back of the subject after sunset with minimum source of light.
D. Position himself where he wants in relation to location, background, and source of light.
37. Kenneth Cobonpue is a multi-awarded designer of interior accessories and lighting. Which of the following is not his design?
- A. Trame chairs B. Piñalino wraps C. Carousel lamps D. Yoda chair
38. Which explains why the film director is considered an artist?
- A. Film director expresses his/her feelings and stories in a creative way through making films.
B. Film directors artistically express and turn ideas into meaningful actions and creative directions.
C. Film directors have a creative and vast imagination in making artworks making their stories highly imaginative.
D. Film directors are artists by profession, thus making a film is their specialty and craft.
39. What makes Lulu Tan Gan's creation unique and interesting?
- A. She uses stylized indigenous and traditional knitwear.
B. She uses stylized hand painted prints.
C. She uses local weaving techniques and natural fibers.
D. She uses prominence in all her exquisite wedding gowns.
40. Farrah wants to make an ID picture of herself using her new android phone. What procedures will Farrah follow to get the best result?
- A. Change colors, skew, add an element that is not the original image.
B. Gray scale, apply frames, adjust sharpness, and zoom in.
C. Resize, crop, then adjust brightness.
D. Warp, Flip, Rotate and adjust frame.
41. How does technology influence the 21st century on the evolution of various forms of art?
- A. Technology made the artwork less attractive and engaging.
B. Technology-based artworks are unique and cannot be reproduced.
C. Technology makes the work of an artist more difficult and time consuming.
D. Technology helps artist edit images through applications and can be mass produced.
42. During 1990s, Filipino artist used computer-generated works for International Comic books. What skill is being adapted by these Philippine artists?
- A. comic illustrator
B. computer programmer
C. craft in technology
D. digital animator
43. Jarred wants to use silkscreen printing in his artwork applying Expressionism art. What do you think is the best technique he can use to get the best result?
- A. Put color on the screen; mix them altogether with water; and, apply it on the desired spot he wants to cover.
B. Mix different colors using different paint brushes and apply the desired color on the screen.
C. Place a mesh screen over a wooden frame above a piece of paper, then color is forced through a screen with a rubber blade called the squeegee.
D. Apply natural color pigment to the screen, mix it with water and let it dry then paste it on the screen.

44. In what way did Vincent Van Gogh ignite the passion of Post-Impressionism artwork towards fellow artists?
- A. His mental disability and creativity skills made his fellow artists appreciate his works.
 - B. He organized charity events and established art classes for the poor and talented artists.
 - C. He led the influential period of impressionism and paved the way for revolutionary art movement.
 - D. He experimented and expanded ways such as using geometric approach, fragmenting objects that were not necessarily realistic or natural.
45. Which explains why “action painting” is often referred to as “energy made visible” artwork?
- A. The artist uses different color saturations to create the desired effects.
 - B. The artist splatters, squirts, and dribbles paint with no preplanned patter or design in mind.
 - C. The artist adapts lighter color treatment and flashes of irreverence in their artworks.
 - D. The artist uses a thematic approach in creating a masterpiece.

PHYSICAL EDUCATION

46. When assessing physical activity, which factor is most crucial for determining the effectiveness of a fitness program?
- A. Duration of exercise sessions
 - B. Intensity of physical activities
 - C. Frequency of workouts
 - D. Adherence to the program
47. Christine is struggling with weight gain and she wants to increase her muscle mass, which approach should likely to be the most effective for her?
- A. Consuming excessive amounts of sugary snacks and desserts
 - B. Focusing solely on cardiovascular exercises
 - C. Incorporating a combination of strength training and a balanced, calorie-dense diet
 - D. Adopting a strict calorie-restriction diet
48. When seeking information about maintaining a healthy lifestyle, which source is most likely to provide accurate and reliable guidance?
- A. A celebrity's personal website promoting a trendy diet plan
 - B. A government health department's official website
 - C. An advertisement for a popular health and wellness product
 - D. A chat forum where individuals share their personal experiences with different diets
49. Bad weather prevents you from engaging in your usual outdoor 60-minute exercise routine. How can you adapt?
- A. Skip the workout for the day
 - B. Find an indoor alternative or use home exercise equipment
 - C. Wait for the weather to improve
 - D. Reduce the workout duration to 30 minutes
50. A social media post suggests that participating in team sports negatively impacts individual well-being. How can one critically evaluate the reliability of this claim?
- A. Share the post to raise awareness.
 - B. Analyze the post's likes and comments for credibility.
 - C. Investigate the source and look for supporting evidence.
 - D. Ignore the post as social media information is always accurate.
51. Why is a proper warm-up important before engaging in physical activity?
- A. It helps prevent dehydration.
 - B. It increases muscle flexibility and joint range of motion.
 - C. It boosts adrenaline levels for better performance.
 - D. It shortens the duration of the workout.
52. What is a constructive approach to address the issue of eating disorders?
- A. Implementing strict dietary guidelines and monitoring for individuals at risk.
 - B. Providing accessible and comprehensive mental health support and counseling.
 - B. Creating a public awareness campaign that emphasizes ideal body standards.
 - C. Restricting certain food items from being available in the market.
53. Britta is looking for a yoga practice that focuses on building core strength and improving balance. After browsing multiple online sources, she finds several styles claiming to suit obese body. To make

an informed decision, which source should she prioritize for reliable information about the effectiveness of different styles for your goals?

- A. A blog post written by a popular yoga influencer with numerous followers.
- B. A research article published in a peer-reviewed scientific journal.
- C. A website promoting a specific yoga studio and its classes.
- D. An online forum where experienced yogis discuss their preferred styles.

54. Melane just finished a 60-minute Vinyasa yoga class that included sun salutations, standing postures, balancing poses, and a relaxing savasana. Feeling energized yet grounded, you contemplate the long-term benefits of such practice. Which perspective on the lasting impact of this single yoga session holds the most merit?

- A. The class primarily enhances physical flexibility and strength, offering temporary relief from muscle tension and stiffness.
- B. The practice mainly influences the nervous system, promoting a calming effect and reducing stress hormones for a few hours after the session.
- C. The combined physical and mental aspects of yoga create a ripple effect, positively impacting mood, focus, and emotional well-being for days or even weeks.
- D. The benefits are entirely dependent on individual factors like pre-existing conditions, personal beliefs, and overall lifestyle choices.

55. Imagine you are about to participate in Ashtanga Yoga. Before diving into this type of yoga, what should be your initial step to ensure a safe and effective workout?

- A. Eat a lot of carbohydrates
- B. Perform Cool-down Exercises
- C. Drink a lot of energy drinks
- D. Engage in Warm-up Exercises

56. Ronron is obese due to a very sedentary life. As a classmate, what kind of hip hop activity you would suggest to him to start with to enjoy doing the Hip Hop Dance?

- A. Gather a small group of classmates who share an interest in hip hop, regardless of experience or body type.
- B. Look for "hip hop cardio" or "dance fitness" classes designed for all levels and body types.
- C. A only
- D. A and B

57. Shama is a 15-year-old who loves the energy and expressiveness of hip hop dance. How can you create an engaging and inclusive hip hop dance activity that helps Shama overcome her self-consciousness and enjoy the dance style she loves?

- A. Encourage Shama to explore hip hop moves at her own pace and comfort level in a private space.
- B. Encourage her to connect with other dancers in the class and build a supportive network.
- C. Encourage Shama to focus on the joy of movement and personal expression rather than comparing herself to others.
- D. Find hip hop-inspired fitness classes that blend dance moves with cardio exercises, allowing Maya to build strength and stamina while enjoying the dance style.

58. Why is Hip Hop Dancing important for teenagers to learn?

- A. It provides you to spend your leisure with an nonobligatory time.
- B. It provides you to spend your leisure without exerting much physical prowess.
- C. It provides not just an opportunity for everyone to enjoy life but an avenue to enhance fitness.
- D. It provides an opportunity for everyone to avoid the monotony of mind boggling academic problems.

59. Why is active recreation crucial for the holistic well-being of individuals, and how does engagement in physical activities contribute to overall health, cognitive function, and social dynamics?

- A. Active recreation enhances cardiovascular health, stimulates the release of endorphins, and fosters social interactions, thereby promoting overall well-being.
- B. Engaging in physical activities increases muscle strength, improves mental clarity, and cultivates a sense of community, positively influencing holistic health.
- C. Engaging in physical activities increases muscle strength, improves mental clarity, and cultivates a sense of community, positively influencing holistic health.
- D. Engaging in physical activities increases muscle strength, improves mental clarity, and cultivates a sense of community, positively influencing holistic health.

60. Chantea a student leader of the school creates a Hip-hop Program which aims to incorporate dynamic moves and sequences that elevate heart rate, providing cardiovascular benefits. The routine should be designed to enhance endurance and stamina. What key consideration did she use?

- A. Inclusivity
- B. Music Selection
- C. Cardiovascular Engagement
- D. Core and Muscle Engagement

61. You're considering adding hip hop dance to your workout routine, but information overload is making you dizzy. Websites claim it burns tons of calories, while workout guides say it's all about rhythm and expression. So, what's the real deal? Can you break a sweat and bust a move in just 60 minutes? Which statement best reflects the facts about 60-minute hip-hop dance as physical engagement?

- A. You'll definitely torch at least 500 calories in a single class, making it a calorie-blasting cardio fiesta.
- B. While you'll groove and move, forget about serious calorie burn - it's more about fun and getting down than working up a sweat.
- C. While you'll groove and move, forget about serious calorie burn - it's more about fun and getting down than working up a sweat.
- D. Facts? Forget them! It's all about the vibe - just let the music move you and worry about the details later.

62. Ben encountered a vibrant ad for "Slimming Smoothie," a powdered supplement promising: increased energy level, enhanced immunity, glowing skin and hair, all-natural ingredients, zero side effects. How will you check the reliability of this ad?

- A. Check the company's website
- B. Watch a doctors' blog
- C. Watch a consumer review website
- D. Look for a scientific research findings

63. Your mother is a self-employed vendor in the nearby market. She recently experienced chest pain and was diagnosed with a heart condition requiring surgery. While your mama is a registered PhilHealth member, she's worried about the financial burden of the upcoming surgery. She's aware PhilHealth covers part of the cost, but uncertainties cloud her mind. How are you going to help your mom decide for her health care.

- A. Consult with your mom's doctor to discuss treatment options and confirm whether her chosen hospital is accredited by PhilHealth.
- B. Listen to your neighbor saying, "I heard PhilHealth takes forever to process claims. You'll be stuck with bills even after the surgery."
- C. Take your lola's advice, "Everyone says private hospitals offer better care. PhilHealth won't be enough, sell your products and pay for everything privately."
- D. Try to follow one of the blog posts: "A new miracle cure promises to heal heart conditions naturally! Ditch the surgery and save your money."

64. Your brain is your precious command center, so choosing the right neurologist to guide its well-being is crucial. But with so many professionals out there, how do you ensure you're in capable hands? Fear not, intrepid information seeker! Let's delve into the world of information literacy and equip you with the tools to assess your neurologist's credibility.

- A. Trust online reviews and forum discussions
- B. Rely solely on the doctor's website or clinic brochure
- C. Verify licenses and board certifications through official channels
- D. Seek recommendations from a trusted health care professional

65. Zenaida, a busy marketing executive, struggling with chronic headaches and tension in her neck. Conventional treatments haven't offered lasting relief, and she's intrigued by the claims of reflexology – applying pressure to specific points on the feet believed to correspond with organs and tissues throughout the body. To whom should Zenaida believe?

- A. The practitioner promises a relaxing experience and a "holistic approach" to Zenaida's headaches.
- B. Zenaida's friend, a science writer, scoffs at the idea of pressure points on feet affecting headaches. He cites lack of scientific evidence and calls it all "a placebo effect."
- C. Zenaida's doctor acknowledges the stress-related nature of her headaches but expresses reservations about the effectiveness of reflexology. He recommends trying relaxation techniques like meditation or massage therapy first.
- D. Self-medicate by taking the relaxant medicine of her mom. She has observed personally that the medicine is very effective to her mom.

66. A vendor lures you with a tempting bargain: high-end foundation, mascara, and lipstick at a fraction of the usual price. The packaging looks convincing, and promises of flawless looks for you dance performance . Being a dance art learner, you caught between your tight budget and the desire to look fabulous, you decides to take the plunge. Days later, you wake up with burning eyes and swollen eyelids. The diagnosis: allergic reaction to unknown chemicals in the counterfeit cosmetics. Doctors warn of potential long-term damage if the exposure continues. The following are the power of consumer laws, except:

- A. Even with clear evidence and strong legal arguments, consumer laws guarantee a full financial compensation and immediate resolution in every case of consumer harm.
- B. Consumer laws are more than words on paper; they empower individuals to fight for their rights and hold businesses accountable.
- C. Knowledge is power: Knowing about consumer protection options gives people the confidence to navigate the marketplace safely.
- D. Awareness is key: Public education and advocacy against counterfeit products and deceptive practices can prevent similar tragedies.

67. Your father applied to an agency to work in Dubai. As a child, what government agency can you suggest to your father to verify the legality of the agency he is applying with?

- A. FFW - Federation of Free Workers
- B. CPAB - Consumer Policy and Advocacy Bureau
- C. BPS - Bureau of Philippine Standards
- D. POEA - Philippine Overseas Employment Administration

68. The following are correct statement about the Universal Health Care Law (Republic Act No. 11223), except:

- A. Aims to reduce maternal mortality and morbidity rates and empower women to make informed choices about their reproductive health
- B. Mandates the creation of a national health care network, including care facilities, public hospitals, and accredited private institutions.
- C. The flagship legislation ensuring all Filipinos have access to quality, affordable healthcare services.
- D. Establishes the PhilHealth (Philippine Health Insurance Corporation) as the primary health insurance provider for all citizens and legal residents.

69. Juan expresses reservations about family planning, influenced by traditional ideas about male dominance and family size. Luisa feels alone in her desire for birth control without Juan's full support. What conflict does this scenario tell us about the Responsible Parenthood and Reproductive Health Law (Republic Act. No. 10354).

- A. Cultural and Gender Disparity
- B. Lack of Awareness
- C. Accessibility Concerns
- D. Family decisions

70. Suicide is a complex issue with far-reaching consequences, affecting individuals, families, and communities. Which of the following key points best explains as "suicide is not a choice, but a symptom."

- A. Suicide needs access to mental services, and string support system
- B. Suicide stems from mental health condition like anxiety and trauma.
- C. Open communication can create a safe space for individuals struggling.
- D. We are all responsible in promoting, understanding, empathy, and access to a supportive environment

71. Your barkada is suffering psychological abuse, which among this principles best explains "connect and learn"?

- A. Ensure your own safety and emotional well-being before approaching your friend
- B. Assure your friend that you care and you are always there to help
- C. Approach your friend with empathy and concern. Actively listen to their concern without judgment
- D. Ask if they have thoughts of harming themselves or others.

72. Which of the following statement best discusses the significance of global health initiatives as "Building Preparedness and Resilience"?

- A. We invest in the well-being of present and future generations, contributing to a sustainable future for all.
- B. Healthy populations contribute to stable economies and strong societies.

- C. Global initiatives target marginalized communities and strive to bridge gaps in healthcare access, promoting equity and ensuring basic health rights for all.
- D. It help countries prepare for and respond effectively to health emergencies like natural disasters, epidemics, and public health crises. By strengthening preparedness and resilience, they mitigate the impact of such events and protect vulnerable populations.

73. In Mindanao, there are many remote areas where community faces several health problems such as Malaria, Dengue Fever, Foot and Mouth Disease. As part of the global health initiative, how can you create a sustainable and effective system to address the needs of our fellowmen in the remote areas?

- A. Set up a telemedicine network connecting the village clinic with doctors and specialists
- B. Train and empower local community members to become health workers
- C. Equip vans or boats with essential medical equipment and deploy them to the village on a regular schedule
- D. The most effective solution will depend on several factors, including specific needs of the community, available resources, cultural context, and existing infrastructure.

74. Which of following is best source for news and information platform dedicated to global development, it covers health initiatives extensively. They offer in-depth articles, analysis, and data visualizations on health challenges and development projects in different countries

- A. WHO - World Health Organization
- B. GAVI, the Vaccine Alliance
- C. Devex
- D. KFF - Kaiser Family Foundation

75. The following are leading issues in the implementation of health initiatives under logistical and operational challenges, except:

- A. Weak health systems
- B. Geographical Barriers
- C. Cultural and Social Factors
- D. Limited financial resources

76. You are the SK Chairman of your Barangay, what specific strategy are you going to apply if you want to collect and analyze data, monitor and evaluate, adapt outcomes to help the programs and implementation of your barangay health center?

- A. Data-driven and Evidence-based Approaches
- B. Building and strengthening health systems
- C. Addressing geographic and economic inequalities
- D. Culturally Sensitive Approaches

77. When promoting a healthy lifestyle, which factor is most likely to have a lasting impact on an individual's well-being?

- A. Strict adherence to a specific diet plan
- B. Regular physical activity and exercise
- C. Occasional participation in wellness programs
- D. Genetic predisposition to certain health conditions

78. Sunshine is struggling with weight management, which strategy she should likely to be the most effective for her in a long-term success?

- A. She should try the latest fad diet for quick results
- B. She must adopt a balanced and sustainable eating plan
- C. She can rely solely on weight loss supplements
- D. She must skip meals to reduce calorie intake

79. What is the primary benefit of engaging in 60 minutes of physical activity daily?

- A. Weight loss
- B. Improved cardio vascular health
- C. Enhanced cognitive function
- D. Increased social media popularity

80. What organization is a reputable authority on health and physical activity guidelines?

- A. The Random Health Blog
- B. The International Fitness Influencers Association
- C. The World Health Organization (WHO)
- D. FitnessEnthusiast.com

81. Ben is struggling with motivation to continue participating in physical activities. What strategies can he employed to help him find a renewed sense of purpose in these activities?
- A. Allow him to skip physical activities.
 - B. Assign him to more challenging exercises.
 - C. Providing him opportunities for leadership roles in sports.
 - D. Ignoring his concerns.
82. Why is engaging in a 60-minute exercise regimen important for overall health and well-being?
- A. To investigate the correlation between exercise duration and cardiovascular health.
 - B. To examine societal perspectives on the importance of daily physical activity.
 - C. To evaluate the impact of various exercise durations on mental health.
 - D. To analyze historical trends in recommended exercise durations and their implications
83. You've decided to get more active to improve your health. There are countless fitness apps, workout programs, and wearable activity trackers available. However, you're feeling overwhelmed by the choices and unsure which ones are reliable and effective. How can you apply guidelines and criteria to select the best health information, product, and service to achieve your fitness goals?
- A. Research and compare
 - B. Go with the trendiest option
 - C. Choose the program with the most restrictive diet
 - D. Ignore reviews completely
84. You've been experiencing persistent headaches for the past week. Concerned, you decide to search online for information. You find several websites discussing causes and treatments for headaches, some offering quick fixes and miracle cures. How can you effectively evaluate the health information you find online to make informed decisions about your health?
- A. Focus on Personal Testimonials
 - B. Discount any information that requires registration
 - C. Prioritized information with dramatic claims
 - D. Source credibility and currency
85. You've been experiencing chest pain and shortness of breath. Your doctor suspects a heart condition and recommends seeing a specialist. There are several types of heart specialists. How would you determine which specialist is best suited to address your specific needs?
- A. Choose the specialists with the most experience
 - B. Evaluate your symptoms and diagnosis
 - C. Go with the first specialist your doctor recommends
 - D. Choose the specialist with the best online reviews
86. Sarah, a 38-year-old woman, has been feeling increasingly tired for the past few months. She's experiencing unusual fatigue that doesn't improve with rest, and has noticed unexplained weight loss despite maintaining her normal eating habits. Concerned, she visits her primary care physician (PCP). The PCP performs a routine physical exam and blood tests. While the exam is normal, the blood tests reveal some abnormalities. Sarah's blood sugar levels are consistently elevated, even after fasting. Additionally, her thyroid hormone levels are outside the normal range, showing signs of underactivity. Who is the best doctor for her health problem?
- A. Endocrinologist
 - B. Diabetologist
 - C. Nephrologist
 - D. Ophthalmologist
87. David, a 42-year-old accountant, has been experiencing persistent lower back pain for the past few weeks. The pain makes sitting at his desk for long periods uncomfortable and disrupts his sleep. He tries over-the-counter pain medication with minimal relief. David wants to explore non-surgical treatment options for his back pain. What would be the best alternative health care?
- A. Acupuncture
 - B. Osteopathy
 - C. Chiropractic
 - D. Physical Therapy
88. The Philippines faces a high burden of non-communicable diseases (NCDs) like diabetes and heart disease. Many global health initiatives focus on controlling infectious diseases. How can global health initiatives be adapted to the specific context of the Philippines to effectively address NCDs, considering factors like access to healthcare, cultural beliefs, and socioeconomic disparities?

- A. Focus solely on infectious diseases
- B. Implement a one-size-fits all approach
- C. Prioritized expensive technologies
- D. Tailored interventions

89. The Philippines is considering adopting a global health initiative focused on childhood malnutrition. However, there are concerns about adapting this initiative to the local context. Identify two credible sources you could consult to learn more about the specific challenges of childhood malnutrition in the Philippines?

- A. Department of Health and World Health Organization
- B. Food and Drug Administration and PhilHealth
- C. A and B
- D. B only

90. It refers to diverse health issues, concerns and trends which calls for all nations to address and act to promote and protect health of individuals and groups across boundaries.

- A. health
- B. global health
- C. public health
- D. public education