



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

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**Regional Achievement Test**  
**Physical Education -PE12**

**I.** MULTIPLE CHOICE. Read the questions carefully and Choose the correct answer.

**II.**

1. Ms. Leah wants to enrol Zumba Class at the Fitness center. The Zumba Instructor conducted Fitness Test for her prior to the workout session. What is the main purpose of conducting physical fitness assessment?
  - a. To improve physical fitness level thorough series of fitness test
  - b. To perform the dance routine with minimum effort for cardiovascular endurance enhancement
  - c. To determine one's physical fitness level based on the Philippine Physical Fitness Test Guidelines
  - d. To design individual workout for physical fitness improvement.
2. Proper procedure in Exercise program is important to avoid wear and tear of the body. Which is correct?
  - a. Warm-up, stretching, conditioning proper, cool-down.
  - b. Stretching, warm-up, conditioning proper, cool-down
  - c. Warm-up, conditioning proper, stretching, cool-down.
  - d. Cool-down, warm-up, conditioning proper, stretching.
3. An athlete is preparing for whole day training. To stay hydrated, how many glasses of water needed before 10-15 minutes of training?
  - a. It depends upon what kind of training intensity.
  - b. 8 glasses of water prior to the training session will be enough to stay hydrated.
  - c. 15 glasses is required since the training is whole day
  - d. 20 glasses of water before workout will make the athletes hydrated
4. Mr. Andress is a very fun of joining marathon. This coming June 4, 2024 there will be a marathon competition. What would be the sequence of preparation that he should do?
  - I. Enough rest prior to competition.
  - II. Cooling down from the training.
  - III. Perform the designed circuit training.
  - IV. Prepare a circuit training considering the FITT principle.
  - a. IV,III,II,I
  - b. I,III,IV,II
  - c. II,I,IV,III
  - d. III,IV,I,II
5. What does exercise contributes?
  - a. Longer Breathing
  - b. Enhance Proper Posture
  - c. Relief from Stress
  - d. All of the above
6. An athlete experiencing shortness of breath, feeling hot that result to poor performance. What is the reason and how do to relieve with this condition?
  - a. Over-Hydrated; let the athlete take a rest.
  - b. Dehydrated; let the athletes drink adequate amount of water
  - c. Intoxicated; bring the athlete to the nearest hospital.
  - d. None of the Above
7. Which of the following would be most suitable to include in a training programme designed to improve performance for a dancer?
  - a. Strength training using heavy weights.

- b. High Intensity workout
  - c. Anaerobic work on a bike
  - d. Long distance running
8. Which the following dances requires intense agility training?
- a. Rumba
  - b. Jive
  - c. Walts
  - d. Foxtrot
9. What is the main reason why flexibility is very important in a dance routine? includes:
- a. Resistance to muscle injury when combined with warm-up.
  - b. Increased joint mobility and good posture.
  - c. Prevention of low back problems and improved personal appearance.
  - d. All of the above
10. During exercise, the circulatory system's most important functions is \_\_\_\_\_
- a. Transportation
  - b. Temperature regulation
  - c. Respiration
  - d. Restoration of Oxygen
- 11.1. What is the best way to improve cardiorespiratory endurance?
- a. By performing aerobic exercise
  - b. By performing anaerobic exercise
  - c. By performing resistance training exercise
  - d. By performing daily stretching exercise
12. Which of the following statements is true about Energy System in Dance Activities?
- a. Dance is simply cardiovascular endurance exercise.
  - b. Variations of dance movements lead to the involvement of all ATP processing.
  - c. Aerobic dance involved solely the processing of ATP which stored in the muscle.
  - d. The ATP generation in Dance Activities doesn't have a by-product.
13. Checking your physical fitness before starting your dance workout helps you to \_\_\_\_\_
- a. enhance your Athletic skills.
  - b. improve cardiovascular endurance.
  - c. determine what level you should start.
  - d. develop appreciation in physical fitness
14. Which of the following is more important when it comes to full blast movements in dance routine such as jumping, tumbling, and stunts?
- a. Flexibility Training
  - b. Anaerobic Training
  - c. Agility Training
  - d. Cardiovascular Training
15. Mr. Raul was notable to attend the Zumba Class for a couple of weeks because he travelled abroad for vacation. When he returns for the Zumba class, he can no longer keep up and go back with the beginning class. This is based on what training principle?
- a. Specificity
  - b. Recovery
  - c. Individuality
  - d. Reversibility
16. Doing jogging, cycling, and dance are examples of what activities?
- a. Bone Conditioning
  - b. Aerobic Conditioning
  - c. Muscle Conditioning
  - d. Anaerobic Conditioning
17. What estimated time of healthy student to recover from intense dance aerobic like 5 minutes high impact Zumba?

- a. 3 to 5 minutes
  - b. 10 to 15 minutes
  - c. 15 to 20
  - d. 20 to 30 minutes
18. Which of the following statements is the general result due to changes of the cardiovascular system as effects to dance exercises?
- a. Increased oxygen delivery and remove of carbon dioxide
  - b. Increased size and strength of the heart
  - c. Lower Resting heart rate and increased capillarization
  - d. Increased stroke volume and in systolic blood pressure
19. Repeated maximal force such as series of jumps in the calisthenic workout may cause muscle fatigue. This is due to \_\_\_\_\_.
- a. Accumulation of lactic acid
  - b. Delayed of ATP production
  - c. Lack of warm-up & stretching
  - d. Released of carbon dioxide
20. Straddle jump: ATP-CPr System as 3 minutes Jazz Dance: \_\_\_\_\_
- a. Oxidative System
  - b. Glycolytic System
  - c. Krebs Cycle
  - d. Electron Transport Chain
21. What is the main reason why athletes prepared to train in high land for endurance training.
- a. More oxygen in high land which is essential for the body
  - b. Less Oxygen in high land that results to increase hemoglobin level in the body.
  - c. Away from disturbances to increase concentration.
  - d. No pollution that will boost energy exertion.
22. Ms Rhea a Senior High School Student wants to join the Cheerleading Team. She wants to trim down because her weight is 65 kilos with a high of 5' 1". Compute his BMI and indicate his classification.
- a. 27.08 kg/m<sup>2</sup> Overweight
  - b. 21.06 kg/ m<sup>2</sup> Normal
  - c. 31.3 kg/ m<sup>2</sup> Obesity 1
  - d. 47.02 kg/ m<sup>2</sup> Extreme Obesity
23. The following are the results of muscle use through physical activities Which is not included?
- a. Decrease in muscle size.
  - b. Increase in muscle efficiency.
  - c. Increase in muscle strength.
  - d. Decrease body fats.
24. How does the body use blood to stop the body overheating during exercise?
- a. moves hot blood to extremities moves cold blood to core.
  - b. blood moves towards six heat zones of the body
  - c. the muscles balanced the blood temperature around the body.
  - d. Blood vessels dilated to naturalize the temperature.
25. Rowena is very exhausted because she performed full body workout to improved her strength essential for his field as a contemporary dancer. What is the most effective therapy for her in releasing the muscle tension and restoring balance to the musculoskeletal system.
- a. Carbohydrates Loading
  - b. Swimming
  - c. Sleeping
  - d. Body Massage

26. Which of the following is not true about long term effect of exercise on heart?
- The stroke volume decreases
  - The heart becomes bigger
  - The wall become thicker and stronger
  - Resting heart rate decreases
27. A dancer experiencing shortness of breath, feeling hot that result to poor performance. What is the reason and how do to relieve with this condition?
- Over-Hydrated; let the dancer take a rest
  - Dehydrated; let the dancer drink adequate amount of water
  - Intoxicated; bring the dancer to the nearest hospital
  - None of the Above
28. In participating dance classes, why is it important to keep your body hydrated during practices?
- To avoid fatigue
  - To have a good performance both mental and physical
  - To maintain body temperature
  - All of the above
29. This is because of over-exercise, lack of nutrients like magnesium or bad blood circulation when muscles does not receive enough oxygen.
- Muscle Fatigue
  - Muscle Exhaustion
  - Muscle Damage
  - Muscle Cramp
30. Drinking adequate amount of water during exercise is called \_\_\_\_.
- Fluid Output
  - Dehydration
  - Hydration
  - Over-Hydrated
31. Which of the following shows safety in the use of facilities and equipment?
- Use unfamiliar fitness equipment at your own for familiarity.
  - Don't ask other how to use the equipment.
  - Just leave the equipment after used, let the assigned person return it.
  - Practice proper hygiene and care
32. Proper attire is important in executing dance moves. Which of the following statements is true about dance attire?
- Wear fit attire to emphasize your body figure.
  - Attire will be based to your style of dance.
  - For mechanical advantage.
  - Be sure to wear dry-fit clothes.
33. In performing new skill in dancing. What is the best thing to do ensure safety?
- Repeat as many times as possible.
  - Do it in a slow pace.
  - Do it in a fast pace.
  - Practice good form
34. In dancing session, which is the first set of exercise to perform to ensure safety
- Warm-up
  - Stretching
  - Drills
  - Cool-down
35. The following except one show safety precaution in dance sessions.
- Teacher tells his students to cool-down after the dance session.
  - The dancers emphasize the correct execution rather than the speed of movement.
  - Late comers should join immediately the session to pick up the new dance steps being introduce.
  - Respect others and consider individual differences.

36. Which is not true about warm-up?
- Raises your internal body temperature.
  - Decreases blood flow to the muscles.
  - Prepare for the extraneous activity.
  - Prevent injuries related to physical activities.
37. In Dance Class, gradual increase of the sets or intensity is very important to ensure safety. As the body begins to adapt to the exercise routine, the intensity, duration, and frequency may be increased. This is based on what training principle?
- Progression
  - Diminishing Return
  - Specificity
  - Overload
38. Community Fitness has social benefits because you will be performing with a lot of participants. It also enhances obeying attitude and discipline because\_\_\_\_\_.
- It involves the community.
  - It has sets of guidelines.
  - It consists of physical activities.
  - It requires attention.
39. Andrea is stressing herself out because of the dance steps she memorized to be performed on stage tomorrow for the PE culminating activity. What is your best advice to her?
- Work hard but remember to have fun.
  - Encourage others, respect differences, and work together.
  - Keep an open mind and listen constructively.
  - Be patient and always prioritize your tasks.
40. How can you convince your friend to join a Community Hataw who don't find exercise as important?
- Tell her that attending the Community Hataw will make her more beautiful
  - Give her rewards if she will join the Community Hataw.
  - Unfriend her if he will not participate the Fitness Hataw
  - Let her realize that health is important and can be achieved through physical fitness
41. Which of the following best describe about "the benefits of exercise"?
- It can make you healthier and immunes to sickness.
  - It can increase your energy levels.
  - It can promote health & fitness, and positive attitude.
  - It can make your body energetic.
42. What is the weight status if a person's BMI result is below 18.5kg/m<sup>2</sup>?
- Underweight
  - Overweight
  - Obese Class III
  - Normal
43. Failure may occur in any fitness event due to the following reasons. Which is not included?
- Poor Planning
  - Lack of Teamwork
  - Attitude Problem
  - Lack of experienced
44. In Organizing Fitness Activities like community Zumba, the following are the primary things to consider for safety reasons. Which is not included?
- Participants
  - Environment
  - Fitness Leader
  - Budget

45. Which of the following situations does not show Teamwork in Organizing fitness event?
- People organized to work independently to cooperatively meet the needs by accomplishing goal.
  - Everyone is depending on each other in performing their tasks for the purpose of unity.
  - The Team Leader assigns his subordinates based on their area of specializations.
  - Tasks are distributed equally to all person involved.
46. What is derived from the Latin Word “recreate” which means to be refreshed?
- Activities
  - Exercises
  - Recreation
  - Sports
47. A natural or semi-environment and resources outside an enclosed area.
- Environment
  - Indoor
  - Nature
  - Outdoor
48. Studies have shown that being close to natural environment is healthy. Aside from the fresh air and the amazing sight of nature, the outdoors has positive effects on the general wellness of an individual most especially if it's done with regularity. What is the other benefit?
- Physical Health Benefits
  - Psycho-Emotional Benefits
  - Social Benefits
  - Spiritual Benefits
49. What should you do if you get lost while hiking in an unfamiliar trail?
- Run in any direction while shouting so someone might notice you.
  - Stay where you are, make yourself visible, and blow a whistle
  - Take a random path downhill but leave a marker.
  - Climb a tree for a better view of the area.
50. How can you ensure your safety while swimming in open water?
- Swim alone so no one can distract you while swimming.
  - Ignore weather conditions because outdoor activities should be rain or shine.
  - Wear a life jacket and be aware of your surroundings.
  - Dive into water with a big crowd.
51. What is the first thing you should do if you witness someone having a heatstroke during a summer outdoor event?
- Give them a hot beverage and blow some air using a hand fan.
  - Encourage them to continue physical activity slowly.
  - Move them to a cool place, loosen clothing, and call for medical help.
  - Ignore the situation and continue with your own activities and let authorities get him.
52. Why is it important to leave no trace when engaging in outdoor activities?
- It's a myth, and it doesn't matter because nature has no memory.
  - To minimize environmental impact and preserve the natural beauty
  - Only professionals need to follow this guideline because they're trained for this.
  - It saves time and effort; you don't need to clean anything, and no one can follow your track.
53. What safety precautions should you consider before going swimming in unfamiliar waters?
- Wear sunglasses for better visibility against the sun.
  - Bring a waterproof camera for memorable photos and videos.
  - Check weather conditions, wear a life jacket, and inform someone of your plans.
  - Skip the life jacket to avoid restriction while swimming.

54. If you notice a swimmer struggling in a strong ocean current, what should you do first?
- Swim directly towards them and push them.
  - Signal for help and wait for professional assistance.
  - Attempt a rescue without any equipment.
  - Continue swimming to safety and ask for help.
55. What factors should you consider when selecting appropriate clothing for a day of water sports?
- Choose the most fashionable swimwear.
  - Wear cotton for comfort.
  - Select quick-drying and sun-protective clothing.
  - Wear heavy clothing to stay warm in the water.
56. Why is it crucial to know your swimming abilities and limitations before attempting challenging water activities?
- To impress others with your swimming skills and motivate them.
  - It's not important; you can always learn on the go while swimming.
  - To avoid overestimating your abilities and putting yourself at risk.
  - Limitations don't matter in recreational activities.
57. How can engaging in recreational activities benefit grade 12 students?
- It has big impact on academic performance such as plus points when joining sports.
  - Enhances physical and mental well-being, reducing stress.
  - It helps in building social connections.
  - Leads to academic excellence.
58. Why is it important for grade 12 students to balance academic responsibilities with recreational activities?
- Recreational activities are a distraction and should be avoided.
  - It helps improve time management skills and prevents burnout.
  - Only academic achievements matter in the long run.
  - Recreational activities have no impact on overall development.
59. What role do recreational activities play in fostering social skills?
- They have no impact on social skills.
  - Provide opportunities for social interaction and teamwork.
  - Are only relevant during childhood.
  - It Hinder the development of social relationships as you might create misunderstandings.
60. What is the significance of recreational activities in reducing stress and anxiety?
- Recreational activities increase stress levels not the other way around.
  - Recreational activities have no impact to stress.
  - Provide healthy outlet, promoting relaxation and stress relief.
  - Only academic achievements can alleviate stress and lowering academic focus lowers stress.
61. How can recreational activities help an individual develop essential life skills?
- Life skills are only acquired through formal education.
  - Recreational activities promote teamwork, communication, and problem-solving.
  - Life skills makes one competitive.
  - Recreational activities can affect an individual's focus about life.
62. In what ways can recreational activities contribute to maintaining a healthy work-life balance for students and future professionals?
- Work-life balance is not achievable because we need to focus more on work to have more money.
  - Recreational activities are only for leisure, not for balance.
  - They provide a break from work, preventing burnout and enhancing overall well-being.
  - Work should always take precedence over personal activities.

63. When researching the safety guidelines for a new outdoor activity, which source is most reliable?
- A personal blog post or from an influencer.
  - A government website or official outdoor recreation organization.
  - An anonymous forum post on the internet.
  - A sponsored advertisement that appears on the internet.
64. What is the primary purpose of checking the publication date of an article about the latest trends in recreational sports equipment?
- To determine if the information is still relevant and up-to-date
  - To find the author's contact information and ask them personally about the post.
  - Publication date has no relevance to information accuracy as all publicized are reliable.
  - To see if the article has won any awards as awards makes articles reliable.
65. Why is it important to cross-reference information from different sources when planning a backpacking trip?
- Cross-referencing makes you look professional.
  - To confuse oneself with conflicting information.
  - To ensure information accuracy and reliability.
  - To pick and choose the most convenient information.
66. When using online mapping tools to plan a hiking route, what should you consider ensuring accurate and up-to-date information?
- The number of likes on the mapping tool's social media page.
  - The size of the map.
  - The last time the mapping data was updated.
  - The color scheme used on the map.
67. When researching the safety guidelines for open water swimming, which source is most trustworthy?
- A personal blog from an experienced swimmer.
  - An official website of a nationally registered water safety organization.
  - A social media post with many likes and comments.
  - An online store selling swim gear.
68. Why is it important to consider individual fitness levels when designing a workout program or outdoor activity?
- One-size-fits-all programs guarantee the best results.
  - To avoid boredom during workouts.
  - Individuals with similar age always have similar fitness levels.
  - To ensure appropriateness of equipment or activity and safety of each person.
69. When setting fitness goals, why is it more effective to focus on behavior changes rather than just outcomes?
- Outcomes are the only aspect that matters in fitness.
  - Behavior changes lead to sustainable and long-term improvements.
  - Behavior is the best display of discipleship.
  - Outcomes are means the end.
70. How does regular exercise contribute to mental health and well-being?
- Exercise has no impact on mental health because it only improves the muscle.
  - It increases stress levels of the person and makes one at peace.
  - Exercise releases endorphins, improving mood and reducing anxiety.
  - Mental health is only influenced by medication and emotions.
71. What role does hydration play in optimizing physical performance during exercise?
- Hydration makes you have more liquid to carry during activities.
  - Proper hydration enhances endurance, temperature regulation, and nutrient transport.
  - Only elite athletes need to focus on hydration as they need more liquid for greater challenges.
  - Drinking water during exercise is unnecessary because it might make you vomit by feeling full.



72. Why is it important to vary workout routines regularly to achieve optimal fitness results?
- Consistency is the key to success, and routines should never change.
  - Varying routines prevents boredom and stimulates different muscle groups
  - Workout routines should be varied because it makes one skillful.
  - Varying routines is only relevant for professional athletes who have different sports participation.
73. Why is it essential to listen to your body and allow for proper rest and recovery in a fitness program?
- Rest and recovery are necessary, more rest than exercise leads to better results.
  - To prevent burnout, overtraining, and reduce the risk of injuries.
  - Resting improves progress and should be done only when there's injury.
  - Rest is needed for beginner fitness program; experienced individuals can train without rest.
74. When assessing the effectiveness of a fitness program, which factor should be considered beyond weight loss or muscle gain?
- Improved charisma and self-confidence.
  - Overwhelming social media comments on body improvements.
  - Improved energy levels, sleep, and overall well-being.
  - Social life improved well.
75. Why is it essential to set realistic and achievable fitness goals rather than aiming for rapid transformations?
- Realistic goals provide rapid transformations.
  - Realistic goals promote a sustainable and healthier approach to fitness.
  - Rapid transformations are questionable to the society.
  - Rapid transformations might harm the body in the long run.
76. While swimming in open water, you start feeling fatigued. What is the best course of action?
- Swim faster and aggressively to reach the shore quickly.
  - Float on your back and signal for help.
  - Continue swimming if you still have energy left, as stopping might be more dangerous.
  - Change your stroke technique to conserve energy.
77. Maria, a 35-year-old office worker, wants to improve her health-related fitness (HRF) levels. She decides to start a fitness regimen but faces a few challenges. Which of the following options would be the MOST effective approach for Maria to improve her HRF?
- Limiting physical activity to weekends due to time constraints during weekdays.
  - Incorporating short bouts of physical activity throughout the day, such as taking brisk walks during lunch breaks or using stairs instead of elevators.
  - Completely avoiding physical activity to conserve energy after work.
  - Relying solely on dietary changes without incorporating any physical activity.
78. A group of individuals is discussing the concept of health-related fitness (HRF) and its significance in maintaining overall well-being. During the discussion, they come across various components of HRF. Which of the following statements BEST reflects a critical understanding of the relationship between HRF components and overall health?
- "Improving muscular strength and endurance is the sole determinant of one's health status."
  - "Cardiovascular endurance is essential for athletes but has limited relevance to the average person's health."
  - "Flexibility and body composition are irrelevant factors in assessing an individual's health-related fitness."
  - "Each component of health-related fitness, including cardiovascular endurance, muscular strength, flexibility, and body composition, contributes uniquely to overall health and well-being."
79. Jack is a 45-year-old individual who wants to improve his overall fitness level and maintain a healthy lifestyle. He decides to set FITT goals to guide his exercise routine. After

consulting with a fitness trainer, Jack decides to start with three exercise sessions per week. During his first session, he plans to engage in 30 minutes of moderate-intensity aerobic activity, such as brisk walking. For his next sessions, he aims to gradually increase both the intensity and duration of his workouts. Which of the following adjustments to Jack's FITT goals would be the MOST appropriate for him to continue progressing toward his fitness objectives effectively?

- a. Maintaining the same frequency, intensity, time, and type of exercise for each session to establish a consistent routine.
- b. Increasing the frequency of his exercise sessions to five times per week to achieve faster results.
- c. Progressively increasing the intensity and duration of his aerobic activity over time, while keeping the frequency and type of exercise consistent.
- d. Reducing the intensity of his aerobic activity to a lower level to prevent fatigue and minimize the risk of injury.

80. Emily is researching how to set effective FITT goals for her exercise routine. She comes across various sources of information online. Which of the following statements BEST reflects Emily's understanding of information literacy when evaluating sources for setting FITT goals?

- a. "I found a website that promises rapid weight loss with minimal exercise. It must be reliable since it has many positive reviews."
- b. "A social media influencer shared their personal workout routine, claiming it's the best way to get fit. I'll follow their advice without verifying it."
- c. "I discovered a blog post written by a certified fitness trainer with references to scientific studies supporting their recommendations for setting FITT goals."
- d. "I read an article in a tabloid magazine that suggests extreme workout routines for quick results. It must be credible because it's widely circulated."

81. Why is it important to incorporate both moderate and vigorous exercise into a well-rounded fitness routine?

- a. Moderate exercise alone provides sufficient health benefits without the need for vigorous activity.
- b. Vigorous exercise is only suitable for elite athletes, while moderate exercise is more appropriate for the general population.
- c. Both moderate and vigorous exercise offer unique benefits that contribute to cardiovascular health, endurance, and overall fitness.
- d. Moderate exercise is best for weight loss, while vigorous exercise is primarily beneficial for building muscle mass.

82. Consider two individuals, one engaging in moderate-intensity exercise and the other in vigorous-intensity exercise for the same duration. Which critical factor should they both consider when evaluating the effectiveness of their workouts?

- a. The duration of their exercise sessions.
- b. The perceived effort and intensity relative to their own fitness levels.
- c. The number of calories burned during the workout.
- d. The type of exercise equipment used during the session.

83. Emma, a beginner in exercise, is unsure about how to progress from moderate to vigorous exercise safely. Which approach would be the MOST effective for Emma to transition to vigorous exercise levels?

- a. Immediately increasing the duration and intensity of her workouts to achieve vigorous levels.
- b. Gradually increasing the intensity of her current moderate exercise routine over time.
- c. Skipping warm-up and cool-down routines to save time and focus solely on exercise intensity.
- d. Engaging in vigorous exercise without monitoring her heart rate or perceived exertion.

84. Mark has been consistently engaging in moderate-intensity exercise for several weeks and now wishes to transition to vigorous-intensity workouts. However, he's concerned about how to make this transition safely and effectively. What would be the MOST appropriate strategy for Mark to adjust his exercise routine?

- a. Immediately jump into vigorous-intensity workouts to challenge himself.
- b. Gradually increase the intensity and duration of his current workouts over time.
- c. Reduce the frequency of his exercise sessions while increasing the intensity.
- d. Completely overhaul his exercise routine with new, high-intensity activities.

85. Natalie is searching online for information about the differences between moderate and vigorous exercises. Which of the following criteria should Natalie use to evaluate the credibility of the sources she finds?

- a. The number of social media shares and likes the source has received.
- b. Whether the website hosting the information appears visually appealing and well-designed.
- c. Whether the information is supported by scientific evidence and published in reputable sources such as peer-reviewed journals or government health websites.
- d. Whether the author of the content is a popular fitness influencer or celebrity.

86. When analyzing physiological indicators such as heart rate, rate of perceived exertion, and pacing associated with moderate to vigorous activities, which critical aspect should be considered to effectively monitor and adjust participation or effort?

- a. Maintaining a consistently elevated heart rate throughout the entire activity session to ensure maximum calorie burn.
- b. Relying solely on the rate of perceived exertion to gauge the intensity of the activity, disregarding other physiological indicators.
- c. Recognizing individual differences and adjusting participation or effort based on personal fitness levels, health status, and exercise goals.
- d. Setting fixed pacing targets for all participants regardless of their fitness level or exercise experience.

87. In analyzing physiological indicators like heart rate, rate of perceived exertion, and pacing for monitoring and adjusting participation in moderate to vigorous activities, which critical consideration should be emphasized?

- a. Adhering strictly to predetermined heart rate zones, irrespective of individual fitness levels or health conditions.
- b. Focusing solely on external pacing cues provided by fitness trackers, disregarding internal cues of exertion.
- c. Recognizing that individual responses to exercise vary based on factors such as fitness level, age, and environmental conditions.
- d. Ignoring changes in perceived exertion during exercise, assuming that heart rate alone is an accurate indicator of effort.

88. During a moderate to vigorous activity session, an individual notices their heart rate exceeding their target zone, while their perceived exertion remains within a comfortable range. Which problem-solving strategy would be MOST appropriate for the individual to adjust their participation or effort effectively?

- a. Immediately reducing the intensity of the activity to bring the heart rate within the target zone.
- b. Ignoring the elevated heart rate and continuing the activity as perceived exertion is within a comfortable range.
- c. Decreasing the pace or intensity of the activity while monitoring both heart rate and perceived exertion.
- d. Increasing the pace or intensity of the activity to match the elevated heart rate, focusing solely on cardiovascular fitness improvement.

89. When researching methods to analyze physiological indicators like heart rate, rate of perceived exertion, and pacing for monitoring and adjusting participation in moderate to vigorous activities, which source would be the MOST reliable for evidence-based information?

- a. A blog post written by a fitness enthusiast sharing personal experiences with exercise intensity.
- b. An article published in a peer-reviewed scientific journal discussing the correlation between heart rate variability and exercise intensity.
- c. A social media post from a celebrity endorsing a specific heart rate monitor brand without providing scientific evidence.
- d. A forum thread where individuals share anecdotal accounts of how they monitor their exercise intensity.

90. A friend of yours is experiencing shortness of breath and he told you to that he's having a heart attack. Is the information correct?
- a. Yes, because it's personal.
  - b. Yes, because shortness of breath is part of heart attack.
  - c. Not sure because shortness of breath is a symptom of many illnesses.
  - d. No, because your friend is just imagining things because of dizziness.