

# PHYSICAL EDUCATION SAMPLE TEST

“100 Questions and Answers”

(English)

**1. Which statement is typical of aerobic energy use?**

It's characterized by long-term, low-intensity exercise.

**2. What is the normal resting heartrate range for adults?**

60–80/min

**3. Which conditioning ability is developed by weightlifting?**

Strength

**4. What advantage do well-developed core muscles provide for athletes?**

Greater stability and power transfer during movements

**5. What is agility in sports?**

The ability to change direction quickly

**6. In which sport is there a “libero” position?**

Volleyball

**7. How does regular exercise affect our mental health?**

It reduces stress, improves sleep, reduces anxiety, and increases self-confidence.

**8. In which year were the first modern Olympic Games held?**

1896

**9. What is one of the advantages of bodyweight training?**

It can be done anytime, anywhere

**10. Circle which ability can be developed more effectively at the age of 10-14?**

Endurance

**11. What does the sinus node regulate in the heart?**

Heart rhythm

**12. What do we mean by coordination abilities?**

The quality of neuromuscular cooperation

**13. What is the purpose of a warm-up?**

To prepare the body for physical strain

**14. What physiological changes occur in the body as a result of regular endurance training?**

Lung capacity and heart performance increase

**15. How many players does a basketball team have on the court simultaneously?**

5

**15. Which statement is true about the rules of floorball?**

The ball can only be played with a stick

**16. Which combat sport is NOT an Olympic sport?**

Sumo

**17. Which vitamin is most important for bone health?**

Vitamin D

**18. What is isometric movement?**

Force without changing the length of the muscle

**19. Which muscle is mainly used during a squat?**

Hamstrings

**20. How do you score points in Frisbee?**

If a player catches the Frisbee inside the opponent's end zone

**21. Which exercise is most effective in developing the stability of the so-called "kinetic chain"?**

Single-leg dumbbell curls

**22. For what purpose can tempo control (e.g. 4-2-1) be used in strength training?**

To control muscle tension time and controlled movement

**23. What is the main difference between classic weight training and functional training?**

Functional training uses complex movements involving multiple joints and planes

**24. What are the dangers of dehydration during training?**

Decreased performance, muscle cramps, risk of heat stroke

**25. What are the dangers of regularly practicing one sport or form of exercise exclusively?**

Overexertion, muscle imbalance, risk of injury

**26. What most often triggers autophagy at the cellular level?**

Calorie deprivation or starvation

**27. What is the role of the medicine ball in fitness?**

It improves neuromuscular coordination during complex movement patterns, supporting the development of explosiveness and strength.

**28. Which form of movement improves proprioception the most in an unstable environment?**

TRX squat on one leg

**29. Why is it recommended to put compound exercises first in a training program?**

Because they require greater nervous and muscular focus

**30. Over-activation of autophagy in the long term...**

Can cause cell damage and muscle loss

**31. Which intermittent fasting method is the 16/8 system?**

16-hour fasting, 8-hour eating window

**32. Which hormone levels increase during intermittent fasting, contributing to fat loss?**

Growth hormone (GH)

**33. What can be an unwanted long-term side effect of IF if calorie intake is too low?**

Slowed metabolism and loss of muscle mass

**34. During intermittent fasting, blood sugar levels...**

May stabilize and decrease

**35. What is meant by the term “core muscles”?**

The deep muscles of the body, which provide stability.

**36. Which type of exercise is most effective in improving arterial elasticity?**

Aerobic endurance training

**37. What are the negative effects of sleep deprivation on metabolism and the cardiovascular system?**

Insulin resistance, increased blood pressure, increased inflammation

**38. In which heart rate range does fat-burning, but still aerobic, training take place?**

60–70% of max. heart rate

**39. HIIT is useful for...**

Improves oxygen uptake and increases metabolism

**40. What is the difference between eccentric and concentric hypertrophy?**

Eccentric hypertrophy increases the volume of the heart, while concentric hypertrophy increases the wall thickness

**41. Which of the following is called natural movement?**

crawling

**42. Which of the following is a conditional ability?**

Endurance

**43. Which of the following is a coordination ability?**

Reaction ability

**44. What is kinesthesia?**

Movement perception

**45. What do the five Olympic rings symbolize?**

The five continents and their connection.

**46. When and where were the first modern Summer Olympics held?**

1896 Athens

**47. How frequently are the Summer Olympic Games held?**

Every 4 years

**48. Which city hosted the Summer Olympic Games in 2024?**

Paris

**49. Have summer or winter Olympics been held in Hungary?**

None yet

**50. What does the MOB acronym stand for?**

Hungarian Olympic Committee

**51. What does the IOC acronym stand for?**

International Olympic Committee

**52. What is the length of the pool for swimming events held in the Olympics?**

50 m

**53. What sports does the triathlon consist of?**

Swimming, cycling, running

**54. How long is the marathon distance?**

42,195 m

**55. Is ultimate frisbee an Olympic sport?**

Not yet, but it is already included in world games

**56. How many players does a team have on the court in an official volleyball match?**

6 people

**57. In an official basketball match, how many players can a team have on the court at the same time?**

5 people

**58. In an official handball match, how many players can a team have on the court at the same time?**

6+1 people

**59. In an official water polo match, how many players can a team have in the pool at the same time?**

6+1 people

**60. Which of the following sports are included in the Medics' Cup?**

Basketball, volleyball, handball, football, water polo

**61. Which statement is true about regeneration after strength training?**

At least 48 hours of rest is recommended for the same muscle group

**62. Why is regeneration important between workouts?**

The body repairs muscles, replenishes energy stores, and reduces inflammation.

**63. Which exercise is the most effective for strengthening the lower back?**

Pull-up

**64. How long is an official ultimate frisbee court?**

100 meters

**65. How many players are on the court from a team during a floorball match (including the goalkeeper)?**

6

**66. How many seconds does a team have to attack during a basketball game?**

24

**67. What is the name of the technique in volleyball when the player passes with both hands and fingertips?**

Pass

**68. Which exercise helps explosiveness the most?**

Plyometric jump

**69. Which training method is characterized by short, intense bursts of effort followed by longer rest periods?**

Interval training

**70. In floorball, which part of the body is prohibited from intentionally using to play the ball?**

Leg

**71. Who is the NBA's all-time leading scorer through 2024?**

LeBron James

**72. What is the height of the net in official men's volleyball?**

2.43 m

**73. What is the purpose of the superset training method?**

To perform two exercises in a row without rest

**74. How much time is available to throw the puck in an Ultimate Frisbee game after the player has stopped?**

10 seconds

**75. How long is an official floorball match?**

3×20 minutes

**76. What is the distance of the three-point line - according to FIBA rules in basketball - from the center of the ring (at the farthest point)?**

6.75 m

**77. What happens if a player touches the ball twice in a row within one action (except after a block)?**

The ball goes to the opponent

**78. Which muscle works the most during a bench press?**

Pectorals

**79. What happens if the puck touches the ground during a game of Ultimate Frisbee?**

The other team takes over

**80. How long can a floorball player's stick be?**

105 cm

**81. What effect does a warm-up have on body temperature?**

It increases body temperature

**82. Why is a warm-up important for muscles?**

Increases muscle flexibility

**83. What physiological change does a warm-up trigger in blood circulation?**

Increases blood circulation and heart rate

**84. How does a warm-up affect the neuromuscular connection?**

Improves neuromuscular coordination

**85. What is the role of a warm-up in preventing injuries?**

Reduces the risk of injury

**86. Which physiological change is characteristic of regular exercise?**

Improves blood circulation

**87. How does regular exercise affect the heart?**

Slows the heart rate at rest

**88. Which hormone levels increase with exercise, improving mood?**

Endorphins

**89. What happens to metabolism with regular exercise?**

Speeds up

**90. Which statement is true about the relationship between regular exercise and sleep?**

It helps you sleep better

**91. What is the main purpose of cooling down after exercise?**

Gradual reduction of the heart rate and promotion of regeneration

**92. Which type of stretching is recommended immediately after a workout?**

Static stretching

**93. What can happen if you completely skip cooling down and stretching after a workout?**

Muscle soreness and the risk of injury may increase

**94. How long is it recommended to stretch per muscle group after a workout?**

At least 20–30 seconds

**95. Which statement is true about the cooling down phase?**

Helps remove lactic acid from the muscles

**96. When were the first modern Olympics held?**

1896

**97. Which city was the first to host the Olympics three times?**

London

**98. Who was the first female Olympic champion?**

Charlotte Cooper

**99. In which year were the Olympics canceled due to World War II?**

1944

**100. How many gold medals did Michael Phelps win in the Olympics?**

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