***Children Moving, 10e* (Graham)**

**Chapter 1 The Value and Purpose of Physical Education for Children**

1) The purpose of a quality elementary school physical education program is to

A) develop athletes.

B) help youngsters score high on a physical fitness test.

C) provide a fun, physically active break from the classroom.

D) guide youngsters in the process of becoming physically active for a lifetime

Answer: D

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2) Research has shown that health benefits related to physical activity include

A) elimination of cardiovascular disease.

B) decreased mental health and mood.

C) increased risk of some cancers and type 2 diabetes.

D) improved ability to do daily activities.

Answer: D

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3) Quality physical education is \_\_\_\_\_\_\_\_ for the specific children being served.

A) instructionally suitable

B) conceptually appropriate

C) developmentally appropriate

D) instructionally suitable and developmentally appropriate

Answer: D

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4) A developmentally appropriate physical education program should accommodate the following individual characteristics:

A) fitness and skill levels

B) previous movement experiences

C) body size

D) all of the characteristics should be accommodated

Answer: D

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5) The characteristics listed below are all characteristics of a quality physical education program EXCEPT that it

A) primarily emphasizes the psychomotor domain, with only a slight emphasis on the cognitive and affective domain.

B) creates multiple opportunities for children to be successful.

C) considers time, space, and equipment allocations.

D) provides experiences that are both developmentally and instructionally appropriate.

Answer: A

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6) Skillfulness is the ability to:

A) enhanced academic performance

B) perform fundamental and sport-related movement skills

C) demonstrate personal and social responsibility

D) start and maintain an exercise program

Answer: B

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7) Why do children need Physical Education?

A) it is required by federal law

B) obesity is a growing problem

C) provides a needed break from other subjects

D) to develop physically literate individuals

Answer: D

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8) Adults with inefficient movement skills tend to do which of the following?

A) take alternative forms of transportation

B) find themselves feeling uncomfortable and uncertain in physical activity settings

C) seek unfamiliar physical activities

D) recognize that there are many ways to exercise and that they would enjoy some of them

Answer: B

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9) The physically uneducated adult may demonstrate which characteristic?

A) an appreciation of quality physical education

B) lacks knowledge and comfort in starting and maintaining an exercise program

C) stories of high school prowess

D) engages in a variety of physical activity

Answer: B

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10) Quality physical education programs are carefully planned with a focus on:

A) exposing children to as many activities as possible

B) student learning

C) fun and competition

D) physical fitness

Answer: B

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11) When referring to the Physical Activity Hourglass, the middle portion represents:

A) preschool opportunities

B) elementary school opportunities

C) school sports and intramurals

D) adult activities

Answer: C

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12) Which of the following are true regarding physical education classes?

A) they should be the same size as in the classroom

B) they should have equal boys and girls

C) they should have pre-tests and post-tests

D) they should emphasize competition

Answer: A

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13) What name is given to a test that demonstrates a quality physical education program for children?

A) 30 seconds to fame

B) 45 second push up test

C) 60 second one ball test

D) 90 seconds maximal stress test

Answer: C

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14) A physically educated person demonstrates which of the following characteristics?

A) a physically active lifestyle

B) muscular frame

C) chronic lower back pain

D) overweight partly as a result of physical inactivity

Answer: A

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15) A qualified Physical Education teacher possesses which of the following?

A) extensive background in taking college units

B) extensive background in the content and pedagogy of physical education

C) extensive background in athletics

D) an extensive background in teaching other subjects

Answer: B

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16) Ideally, children should have physical education \_\_\_\_\_\_\_\_ minutes each week.

Answer: 150

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17) In a quality physical education program, children should be actively engaged in moderate to vigorous physical activity at least \_\_\_\_\_\_\_\_% of the time.

Answer: 50

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18) *Physical* *Activity* *Guidelines* *for* *Americans* recommend that children and adolescents should have \_\_\_\_\_\_\_\_ minutes or more of physical activity daily.

Answer: 60

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19) Quality physical education classes that include experiences that hold personal significance are described as \_\_\_\_\_\_\_\_.

Answer: meaningful

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20) National physical education standard number \_\_\_\_\_\_\_\_ addresses responsible personal and social behavior that respects self and others.

Answer: 4

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21) Describe the difference between physical activity and physical education. Name at least three distinct differences.

Answer: Answers may vary.

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22) Identify and briefly explain three reasons why children need quality physical education.

Answer: Answers may vary.

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23) Identify at least three characteristics of a quality physical education program. Of the characteristics you identified, which is most important? Provide justification for your decision.

Answer: Answers may vary.

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