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| Quiz/Test Blueprint | Teacher Name | Miss. Collier |
| Subject | Physical Education 10 |
| Topic/Focus | Health Benefits of Physical Activity |

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| **Taxonomic Level** | **Outcomes** |  |  **Question Types Total** |
| **Type I***Remembering, Understanding* | **Type II***Applying, Analyzing* | **Type III***Evaluating, Creating* | Multiple Choice | True/False | Matching | Short Answer | Extended Response |  |
| 1, 2, 3, 6 | 9 |  | **B10-6:** Clarify the positive benefits that occur as a result of participation in physical activity. |  | 1, 2, 3 |  | 6, 9 |  | **5** |
| 4, 5, 7 | 8, 10 |  | **B10-7:** Understand the consequences and risks associated with an inactive lifestyle; ex. The benefits of a healthy heart versus the need for emergency cardiac care (CPR) | 4, 5 |  |  | 7, 8, 10 |  | **5** |
| **7** | **3** |  | **Total** | **2** | **3** |  | **5** |  | **10** |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***/ 23 marks***

**Physical Activity & Health Benefits Quiz**

**Physical Education 10**

***Directions:***

* Complete the quiz to the best of your ability and read each question carefully.
* Raise your hand if you have any questions about the quiz.
* You have **20 minutes** to complete this quiz.
* When finished, please hand quiz into teacher.

***Target Outcomes:***

* **B10-6:** Clarify the positive benefits that occur as a result of participation in physical activity.
* **B10-7:** Understand the consequences and risks associated with an inactive lifestyle; ex. The benefits of a healthy heart versus the need for emergency cardiac care (CPR)

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***True or False - Please read each question carefully. Circle T for True or F for False.***

1. **T / F** Physical activity plays an ***important*** role in the health, well-being

and quality of life of Canadians. (*B10-6; 1 mark)*

2. **T / F** People who are ***NOT*** physically active live longer, healthier lives.

*(B10-6; 1 mark)*

3. **T / F** Active people are ***less*** productive, and ***less*** likely to avoid illness

and injury. *(B10-6; 1 mark)*

***Multiple Choice - Please read each question carefully. Circle the best answer.***

4. What is the number one cause of death in Canada that is closely associated

 with inactivity? *(B10-7; 1 mark)*

 A. Cancer

 B. Alzheimer’s

 C. Osteoporosis

 D. Cardiovascular Disease

5. Which of the following requires the ***least*** amount of physical activity? *(B10-7; 1*

*mark)*

 A. Riding a stationary bike in front of the TV

 B. Doing homework on the couch

 C. Playing Wii Fit with friends

 D. Walking to class

***Fill in the Blank – Please read each question carefully. Write your answer in the blank space provided.***

6. Youth aged 12-17 years should accumulate at least \_\_\_\_\_\_\_\_ minutes of

moderate to vigorous intensity physical activity daily to see optimal health

benefits. *(B10-6; 1 mark)*

7. Childhood \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in Canada has tripled over the past three

decades because of an increase in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lifestyles. *(B10-7; 2 marks)*

***Short Answer – Please read each question carefully. Point form is acceptable.***

8. Describe ***two*** ways that inactivity ***negatively*** affects a person’s heart health.

*(B10-7; 4 marks)*

9. List ***three*** benefits of physical activity participation on a regular basis (*B10-6; 3*

*marks)*

 1.

 2.

 3.

10. List and explain ***four*** common reasons for not being physically active. *(B10-7; 8*

 *marks)*

1.

2.

3.

4.

**Answer Key:**

1. True.
2. False. People who are physically active live longer, healthier lives.
3. False. Active people are more productive, and more likely to avoid illness and injury.
4. D – Cardiovascular Disease
5. B – Doing homework on the couch
6. 60 Minutes
7. Obesity; Inactive
8. Negative affects of inactivity on heart health: Chance of Cardiovascular disease increases – this includes heart attacks, strokes; increased cholesterol levels because of plaque build up; weaker heart muscle because its not pumping blood like an active heart would.
9. 3 Benefits of Physical Activity: Healthy growth and development; decreases stress; prolong independence as we get older; gives us energy; makes us stronger; prevents chronic diseases like type 2 diabetes, cancer and heart disease; do better in school; feel happier; learn new skills; improve self-confidence; have fun playing with friends; improve fitness
10. Common reasons for not being physically active: Misconceptions; Procrastination; Time; Lack of Satisfaction; Lack of Support; Self-Consciousness; Pessimistic Outlook; Falling off the wagon.