

# Exam Practice Guide

## Units 3 & 4 Physical Education Examination Questions

### Key Features:

- ✓ 146 original examination style questions on all examinable topics.
- ✓ Full solutions and a marking guide to all questions.
- ✓ Separated into key topic areas within each Area of Study, enabling students to master one topic at a time.
- ✓ Written by VCE assessors who mark the real examinations.
- ✓ Excellent resource for examination practice.

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***Helping VCE students be the best they can be.***

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SAMPLE

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**Unit 3****AREA OF STUDY 1: Monitoring and promotion of physical activity****Topic 1 – National Physical Activity Guidelines and Measurement of Physical Activity****Question 1**

Objective measures of physical activity could be:

- A. Heart rate monitors, pedometers, physical activity diaries and direct observation
- B. Heart rate monitors, recall, physical activity logs and direct observation
- C. Heart rate monitors, doubly labelled water, direct observation and pedometers
- D. Heart rate monitors, recall, physical activity logs, physical activity diaries

**Question 2**

The domains of physical activity are:

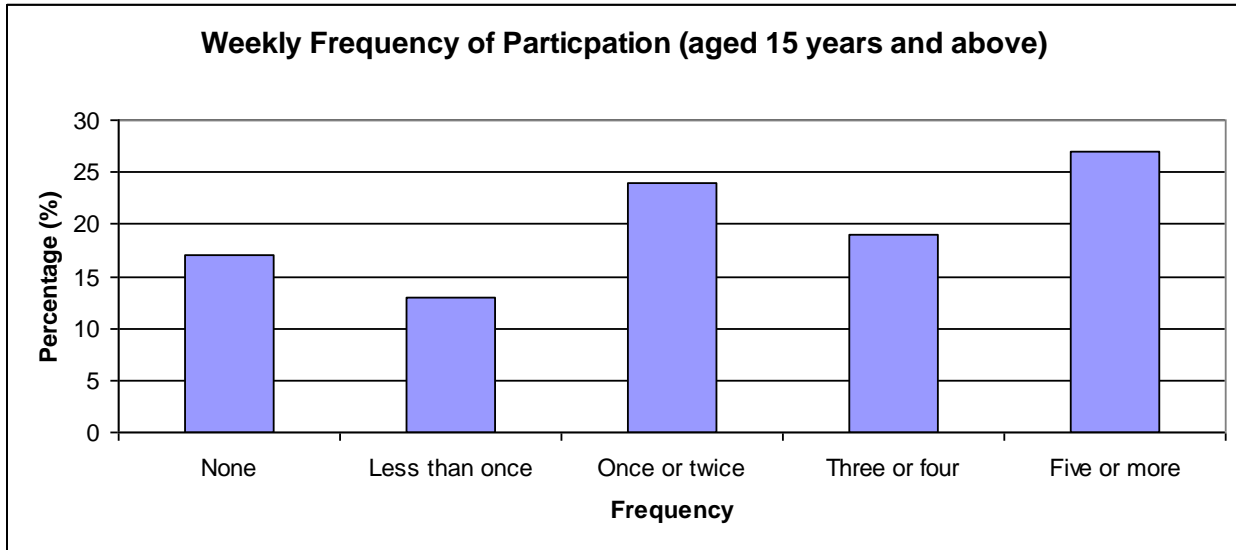
- A. Occupational activity and active transport activity
- B. Household and gardening activity
- C. Leisure-time activity
- D. All of the above

**Question 3**

The National Physical Activity Guidelines recommends that children and youth up to the age of 15 include:

- A. A range of moderate to vigorous activities every day for at least 60 minutes
- B. A range of moderate to vigorous activities, including weight-bearing activities, everyday for at least 60 minutes
- C. A range of moderate to vigorous activities, including weight-bearing activities, everyday for at least 30 minutes
- D. A range of moderate activities, including weight-bearing activities, everyday for at least 60 minutes

**Question 4**



PARTICIPATION IN EXERCISE RECREATION AND SPORT ANNUAL REPORT 2003

During the 12 months prior to phone interview in 2003, an estimated 12.9 million Australians aged 15 years and over participated in at least one physical activity for exercise, recreation or sport is shown in the graph above. Household or garden chores, or activities that were part of work were not included.

- a. What percentage of Australians (aged 15 years and above) participated in physical activity for at least five times a week?

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1 mark

- b. What percentage of Australians (aged 15 years and above) **do not** meet the National Physical Activity Guidelines for Adults

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1 mark