**NATIONAL ACHIEVEMENT TEST REVIEWER**

**PHYSICAL EDUCATION & HEALTH**

**Directions:** Read and understand the statement. On your answer sheet shade the letter that corresponds to your answer.

1. Which of the following statements describes the term “Dance”?
2. Dance is simply standing and kicking of feet.
3. Dance is a natural expression of united feelings and action.
4. Dance is a clapping of hands and stamping of feet.
5. Dance is shaking hips and shoulders.
6. This element of dance involves the dancers moving swiftly and smoothly in both space and time.
7. Energy B. Action
8. Body D. Space
9. What specific is considered if a dancer goes across space in every way possible, changing their level and direction?
10. Action C. Body
11. Space D. Time
12. As a dancer, one of the elements to consider is the relation of movements to rhythm and meter of the music, which of these elements corresponds to the consideration?
13. Action B. Body
14. Space D. Time
15. This is the primary instrument of dance where there is a need to train agility and strength.
16. Action C. Body
17. Space D. Time
18. The following are the benefits of dance, **EXCEPT:**
19. Improves the condition of the heart
20. Development of frequency
21. Weight management
22. Develop self-confidence
23. Following are reasons why people dance, **EXCEPT:**
24. It is a requirement of faith and worship
25. It is an expression of joy one feels
26. It gives beauty and inspiration to others
27. It serves to entertain others
28. How will you describe dance with dynamic element?
29. if it is utilizing variation of force and intensity of movements
30. if uses softness and loudness of movements
31. if applies movement elevation and equality
32. if employs force and energy
33. What will happen to a choreographed dance that didn't acknowledge the theme element's existence?
34. It could be boring
35. There is no variation of movements
36. There is no concept
37. It has no rhythm
38. Which of the following statements, best define "Dance” according to function?
39. Dance plays an important role in religious ritual in which performers work themselves to receive power.
40. Dance is used to convey war by performing skill like of the animal.
41. Dance displays vigor and attractiveness like courtship dance.
42. Dance is used for recreational purpose like that of hunting animals.

12. What is Folk Dancing?

1. It is a form of social dancing that has become part of the customs and tradition of the people.
2. It is an expressive dance that combines elements of several dance genres.
3. It is highly style of dance that challenges the structured dance technique.
4. It is a kind of dance that have a social function and context.
5. Which of the following choices is **NOT** a Philippine Folkdance?
6. Tinikling C. Singkil
7. Maglalatik D. Karikázó
8. Which of these dance genres where dancers perform “Saludo”?
9. Ballroom C. Folkdance
10. Dance Sports D. Contemporary

14. Which of these statements is TRUE to Folk Dancing?

1. Feet movements play an important part.
2. It is performed individually
3. Movements are more about skipping.
4. Dancers stand apart
5. Which of these would you likely use if you were asked to choreograph a religious dance?
6. Creating movements that would show about fortune, peace and war.
7. Performing movements that provides pleasure in pair or group of people.
8. Presenting movements for entertainment purposes only
9. Executing movements with rhythm and coordination.

16. Which of the following dances is a Religious Dance?

1. *Hakyadan* of Agusan del Sur which is to perform for the call of spirit.
2. *Tinikling* dance that imitates the movement of *tikling* bird.
3. *Maglalatik* that demonstrates occupation.
4. *Itik-itik* which imitates the movements of duck.

17. What is the difference between Folkdance and Ethnic?

1. Folkdance is participatory and traditional while ethnic is expressing the aesthetic movements of culture.
2. Folkdance is an expression of aesthetic movement of culture while ethnic is participatory.
3. Folkdance is a coded step and while ethnic is following rhythm and dynamic.
4. Folkdance is for dynamic and time while ethnic is coded.
5. When you try to explore and improve dance movements, which of these choices is CORRECT?
6. Creative Rhythms
7. Body Rhythms
8. Social Dance
9. Recreational Dance

19. How do you describe social dance?

1. It is during formal gatherings or atmosphere in which the recreational dances are the usual forms.
2. It communicates the customs, beliefs, rituals and occupations of the people of a region.
3. It is when using the body parts which serves as an instrument of expression.
4. This is composed of simple patterns and combination of steps and waltz.

20. The setting of this particular phase of dance is usually informal gatherings and parties, reunions, etc.

1. Creative Rhythms
2. Ethnic Dance
3. Social Dance
4. Recreational Dance
5. Which of the following tools is used to assess if you fall under HIGH-RISK, MODERATE-RISK or LOW-RISK Category.
6. Physical Exercise Readiness Tool
7. Physical Action Readiness Questionnaire
8. Physical Activity Readiness Questionnaire
9. Physical Exercise Readiness Questionnaire

22. Joana is a dancer who wants to start an intense workout regimen. She has recently been exhausted and experienced shortness of breath. Which danger category from the list below she possibly fall into?

1. Low Risk Category
2. High Risk Category
3. Moderate Risk Category
4. Low or Moderate Category

23. If Joana falls into Moderate Risk Category, which of the following risk stratification she must undergo?

1. Joana is safe to begin high intensity exercise.
2. Joana is safe to begin exercising without further assessment or need for supervision.
3. Joana is safe to begin light or moderate intensity exercise, but a medical clearance is required.
4. Joana should undergo further medical testing and physician clearance before starting an exercise program.

24. Which of the following choices below is a reliable method of monitoring one’s heart rate?

1. Pulse Rate
2. Intensity Rat
3. Exercise Rate
4. Physical Activity Rate
5. Brenda, a 30-year-old inactive lady, wants to participate in vigorous dancing exercise since she is depressed. She appeared to have no other ailments and passed the PARQ. When she does straightforward dance moves, she still has some joint pain. Which of the following risk groups would Brenda potentially fall into?
6. Low Risk Category
7. High Risk Category
8. Moderate Risk Category
9. Low or Moderate Category

26. Aerobic dance is one of cardiorespiratory endurance exercises in which this component on health-related fitness is being determined by the VO2max. What is VO2max?

1. VO2max is the maximum amount of oxygen the human body can utilize per hour of physical activity.
2. VO2max is the minimum amount of oxygen the human body can utilize per hour of physical activity.
3. VO2max is the maximum amount of oxygen the human body can utilize per minute of physical activity.
4. VO2max is the minimum amount of oxygen the human body can utilize per minute of physical activity.

27. Which of the following physical activities best represent for functionality of the body through muscular strength and flexibility?

1. Burpees and Jogging
2. Brisk walking and Running
3. Resistance training and Stretching
4. Kettle bell swing and Push ups position plank
5. A healthy dancer can perform physical activity for longer periods of time without tiring quickly. Which of the following health-related elements best exemplifies the statement?
6. Flexibility
7. Muscular Strength
8. Muscular Endurance
9. Cardiovascular Endurance

28. Which of these statements supports the concept about Muscular Endurance?

1. This is a component under healthrelated fitness that could generate force repeatedly.
2. It is under the component of skill-related fitness that could generate force abruptly.
3. Muscular endurance is under healthrelated component that could generate force abruptly.
4. Muscular endurance is under skillrelated component of fitness that could generate force repeatedly.

30. What is the difference between muscular strength and muscular endurance?

1. Muscular strength usually determined using two repetition maximum while muscular endurance requires no force against resistance.
2. Muscular strength requires no force against resistance while muscular endurance usually determined using two repetition maximum.
3. Muscular strength is simply to exert maximum force against a resistance while muscular endurance is the ability of the muscles to exert force repeatedly over a period.
4. Muscular strength is the ability of the muscles to exert force repeatedly over a period while muscular endurance is to exert maximum force against a resistance.

**For numbers 31-35**

Choose the correct answer placed inside the box that would correspond to the given statement. Write only the letter of your choice.

A. First Position (Feet)

B. First Position (Arm)

C. Second Position (Feet)

D. Second Position (Arm)

31.This position is achieved when one foot entirely crosses in front of the other.

32.This position of feet is an extended third.

33.This position involves separating the toes and turning out the foot.

34.This position is where one heel is placed halfway down the other foot.

35.This position consists of feet together and toes apart.

36. What is the training intensity of a 23-year-old dancer at 40% with a resting heart rate of 70 bpm?

1. 120.8 bpm
2. 127 bpm
3. 127.8 bpm
4. 128.7 bpm

37. What is the training intensity of Sylvia, a 20-year-old dancer, if she has a 50% resting heart rate of 70 bpm??

A. 143.6 bpm

B. 133.5 bpm

C. 153.7 bpm

D. 163.8 bpm

38. What is the training intensity of a 25-year-old dancer who is at 60% and has a resting heart rate of 70bpm?

1. 146.2 bpm
2. 156.3 bpm
3. 166.4 bpm
4. 176.5 bpm

39. What is the training intensity of a 23-year-old dancer at 85% with a resting heart rate of 70bpm?

1. 178.96 bpm
2. 177.95 bpm
3. 179.98 bpm
4. 176.94 bpm

40. Susan works harder than usual during her dancing training session in attempt to adjust.. She worked beyond her usual training time. What training exercise principle did Susan apply?

1. Principle of Progression
2. Principle of Specificity
3. Principle of Overload
4. Principle of Individuality

**For items 41-45**

The displayed choices in the box below are the common fitness etiquettes. Match this etiquette to the statement provided in each

number. On your answer sheet shade the letter that corresponds to your answer.

1. Uphold the rules of the facility.
2. Being aware of the exercise area.
3. Avoiding excess noise.
4. When using equipment while others are waiting
5. Observes all posted equipment instructions and warnings.
6. Read, understand, and follow all rules, expectations, and posted signs.
7. If there is a piece of equipment you do not know how to use, don’t assume you know how to use it and ask for assistance.
8. Do not exercise in walking areas –gray floor pathways and in front of water fountains, water, and ice machine, wall-mounted wipes containers and trash/recycle receptacles.
9. Avoid excess chatter while in the exercise areas.

**For numbers 46-50**

Analyze the given data and answer the following questions. Write only the letter.

Table

|  |  |  |
| --- | --- | --- |
| Dancer : Zarena | | |
| Age | RHR | Intensity |
| 22 | 75bpm | 80%-90% |

46. What is the maximum heart rate of Zarena?

1. 197bpm
2. 198bpm
3. 199bpm
4. 200bpm

47. What is Zarena's estimated target heart rate to reach 80-90 percent of her maximum heart rate while exercising?

1. 150-180bpm
2. 180-200bpm
3. 200-230bpm
4. 230-250bpm

48. What is the heart rate zone of Zarena based on the corresponding intensity of physical activity?

1. Light
2. Moderate
3. Hard
4. Maximum

49. What is the rate of perceive exertion of Zarena?

1. Very light activity
2. light activity
3. Moderate activity
4. Vigorous activity

50. Based on the equivalent RPE of Zarena, how do you interpret her physical activity?

1. Breathing heavily
2. Borderline uncomfortable
3. Feels like she can maintain
4. Hardly any exertion