



Magdalen Court School  
Edexcel GCSE  
Physical Education  
4 - Health & Fitness Question Sheet



1. Definition for: FITNESS:
  
2. Definition for: HEALTH
  
3. What are the 2 types of Health, sport gives us?

4.

	List the benefits of sport for these different people
12yr old Boy	
15yr old Girl	
25yr old working women	
25yrs old male, professional sport player	
60yr old women	
60yr old male	

5. Definition for: CARDIOVASCULAR
  
6. What is cardiovascular endurance?



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7. Someone who has 'Cardiovascular Endurance' will have the following, please expand/explain each word/statement

- a. Heart
- b. Lungs
- c. Effect over prolonged exercise
- d. Heart recovery
- e. What effect do large muscles have on the body

8. Harvard Step Test

Harvard Step Test

On a 45 cm high step, perform step-ups for 5 minutes at a rate of 30 per minute

Rest for 1 minute and then take your heart rate

Use the following equation to work out your score - the higher your score the fitter you are

length of exercise (secs) x 100

5.5 x heart rate

	Heart Rate
Resting	
Exercise Begins	
1 min	
2 Min	
3 Min	
4 Min	
5 Min	
Exercise stops	
6 Mins	
Recovery	
7 Mins	
8 Mins	

9. Definition for: MUSCULAR ENDURANCE

10. Definition for: MUSCULAR STRENGTH



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11.

List the 3 types of STRENGTH	Explain what each is

12. Definition for: FLEXIBILITY

13.

	Explain each of the terms
Flexibility	
Why is it important in life	
How does flexibility relate to sport	
How does flexibility relate to injury	

14. Definition for: SPEED

15. Definition for: CO-ORDINATION

16. Definition for: REACTION TIME

17. Definition for: AGILITY

18. Definition for: BALANCE