
Basic Skills in Physical and Sports Education Test

May 2014

Answer the following questions: (Three Questions):

Question One: (10 Marks)

Complete the following:

1- Exercise can be divided into :

1-..... 2- 3-

2- Outdoor Activities like :

1- 2- 3-

3- Physical Education Activities :

1-..... 2- 3-

4- Athletics like :

1-..... 2-..... 3-..... 4-.....

5- Basic positions include the following modes :

1-..... 2-..... 3-..... 4-..... 5-.....

6- Calling for exercises is made up of three parts :

1-..... 2- 3-

Question Two : (10 Marks)

Talk about:

- Elements of physical fitness with explanation to one of them.
- Basics of writing physical exercises and mention an example.

Question Three: (5 Marks)

Put the Definition :

- 1- It exercises that lead without the use of tools or equipment.
- 2- The first part of the call that shows for all students all what teacher needs of them.
- 3- The word that response begins after it.
- 4- The efficiency of the body in the face of the requirements of life."
- 5- It is all the activities that take place in the open and be in the exercise of fundamental nature.

End of the Exam

Best Wishes

Subject Professor/ Dr. Aliaa Abd El Moneim