

Physical Education Studies Year II ATAR

CHAPTER I: Developing Physical Skills and Tactics

NEXT 

Welcome to the quiz for Chapter 1

- You will be given 20 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?



Question 1

Which of the following is **NOT** a method that can be used to analyse and observe an athlete's technique?

- A. Observation schedules
- B. Final score analysis
- C. Biomechanical analysis
- D. Video analysis

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

What are the three phases of movement for the legs when running?

- A. Preparation, release, follow-through
- B. Preparation, swing, release
- C. Landing, driving, follow-through
- D. Landing, driving, recovery

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

What are the four main stages in the observation and analysis of movement?

- A. Preparation, observation, evaluation, intervention
- B. Preparation, observation, analysis, feedback
- C. Preparation, analysis, evaluation, intervention
- D. Preparation, analysis, feedback, intervention

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Which of the following is NOT an example of quantitative analysis?

- A. Number of possessions
- B. Number of aces served
- C. Effectiveness of the leg kick in breaststroke
- D. Ratio of shots at goal in shots scored

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Which of the following is NOT an example of qualitative analysis?

- A. Swing arc of a drive in golf
- B. Average putts per hole
- C. Extent of the follow-through on the backhand
- D. Effectiveness of the defence strategy

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 6

In games analysis, to what does the term 'movement patterns' refer?

- A. Types of positional movements made by individual players during the game
- B. The correct execution of a particular skill each time it is used in the game
- C. How close the movement executed when a skill is to the model
- D. Progression through the phases of movement for a particular skill

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 7

Which of the following aspects of the game is **NOT** commonly included in a games analysis?

- A. Skill frequency
- B. Movement patterns
- C. Skill technique
- D. Work-to-rest ratio

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

Which of the following is NOT a statistic commonly given for a basketball game?

- A. Number of shots taken
- B. Number of defensive fouls
- C. Percentage of centre clearances
- D. Percentage of 3-point shots scored

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

What is knowledge of results?

- A. Information regarding the score at the end of a match
- B. Information regarding the team's position on the ladder
- C. Information regarding the opposition's performance in previous games
- D. Immediate information a player receives about the outcome of an action

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 10

What is the main reason that video recording is the preferred tool for the analysis of game performance?

- A. It is more interesting than looking at a sheet of statistics
- B. It enables performances to be viewed repeatedly and in slow motion
- C. It enables the players to reflect on their performance
- D. It is a more accurate means of recording the relevant statistics

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 11

What are strategies?

- A. Specific ways in which plans are put into action during the competition
- B. The classification of activities according to their game requirements
- C. The plans prepared prior to the competition that are intended to result in a 'win'
- D. Criteria such as playing surface and interaction that affect the nature of the game

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 12

What are tactics?

- A. Specific ways in which plans are put into action during the competition
- B. The classification of activities according to their game requirements
- C. The plans prepared prior to the competition that are intended to result in a 'win'
- D. Criteria such as playing surface and interaction that affect the nature of the game

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 13

Which of the following are **NOT** necessary to develop effective strategies and tactics?

- A. The strengths and weaknesses of the opposition
- B. Your own strengths and weaknesses
- C. Any environmental factors that may impact on performance
- D. The classification of the activity

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 14

Which of the following is NOT an opponent-related strategy?

- A. Using space
- B. Denying space
- C. Improving your skill level
- D. Controlling the pace of the game

TRY AGAIN...

BACK TO QUESTION 

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 15

The role each player is assigned is mainly dependent on which of the following?

- A. Fitness level, physical attributes, skills and decision making
- B. Training well and being in favour with the coach
- C. The number of victories the opposition has had
- D. The overall position of the team on the ladder at the time

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 16

Which of the following activities does **NOT** use substitution as a strategy?

- A. Soccer
- B. AFL football
- C. Hockey
- D. Volleyball

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 17

Which of the following is NOT a correct statement about formations?

- A. They are used to effectively cover both width and depth of the playing area
- B. They are a rigid structure that prescribes the movement of players
- C. Each player within the formation has a specific role and responsibility
- D. Players must be alert to subtle changes required in positioning

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 18

An aggressive baseliner in tennis attempts to win the point using which of the following strategies?

- A. Playing a mix of ground strokes and volleys
- B. Returning the ball and relying on the opponent to make a mistake
- C. Hitting winners from the back of the court
- D. Coming into the net at every opportunity

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 19

What are the key factors in effectively applying tactics?

- A. Decision making, communication, skill selection and fitness
- B. Communication, assertiveness, planning and fitness
- C. Skill selection, decision making, a will to win and communication
- D. Decision making, skill level, a will to win and communication

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 20

Which of the following is NOT an example of the effectively communicating tactics?

- A. Tennis partners discussing positioning prior to serving
- B. A coach giving instructions to his road cycling team via earpieces
- C. A hockey captain calling penalty corner variations
- D. A player berating a teammate for not passing the ball

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**



CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 1 QUIZ