

35. It is the ability to stay in equilibrium in relation to changes in body position.
 A. Balance C. Power
 B. Coordination D. Reaction time
36. Which physical activity can assess your agility?
 A. 3 minute-step test C. Sit and reach
 B. Hexagon jump D. Standing long jump
37. The ability of the muscles and joints to go through a full range of motion.
 A. Balance C. Flexibility
 B. Coordination D. Reaction time
38. It refers to proportion of lean body mass to fat body mass.
 A. Balance C. Power
 B. Body composition D. Reaction time

HEALTH

39. This dimension of health involves understanding and liking yourself as well as accepting and learning from mistakes.
 A. Emotional Health C. Physical Health
 B. Environmental Health D. Social Health
40. In what way can you ensure your good physical health?
 A. Assume a positive self-image
 B. Be aware of and accept one's strength and weaknesses.
 C. Have a regular check-up and exercise
 D. Know the demands and expectations from you
41. Which is a unique physical change that happens only on girls during puberty?
 A. Hair grows on the face, body and pubic area
 B. The hips become wider than the shoulders
 C. The voice becomes deeper
 D. Shoulders become wider than hips.
42. It is the beginning of adolescence wherein the reproductive system of male and female becomes active.
 A. Adulthood C. Middle age
 B. Childhood D. Puberty
43. It refers to the understanding of the effect to ourselves of the air, the water and the land that surrounds us.
 A. Emotional Health C. Physical Health
 B. Environmental Health D. Social Health
44. Practicing respect to elders and your parents can develop your _____ Health.
 A. Emotional C. Physical
 B. Moral-Spiritual D. Social
45. Which dimension of health refers to how well you get along with other people?
 A. Emotional Health C. Moral-Spiritual Health
 B. Mental Health D. Social Health
- This dimension of health involves understanding and liking yourself as well as accepting and learning from mistakes.
 A. Emotional Health C. Physical Health
 B. Environmental Health D. Social Health
46. It is the gland that produces growth hormones which are responsible for growth and development of an individual.
 A. Adrenal Gland C. Pituitary Gland
 B. Endocrine Gland D. Thyroid Gland
47. Which activity can develop or enhance you Mental Health?
 A. Going out with family and friends.
 B. Jogging around the park.
 C. Planting vegetables at home.
 D. Reading educational books.
48. This dimension of health refers to being a lifelong learner by continuously wanting to learn new things and improves one's skill.
 A. Emotional Health C. Physical Health
 B. Mental Health D. Social Health
49. Which dimension of health can be developed or enhanced if you use paper bag or eco bag in going to market?
 A. Emotional Health C. Physical Health
 B. Environmental Health D. Social Health
50. This stage of human growth and development is also known as the puberty stage.
 A. Adolescence C. Childhood
 B. Adulthood D. Infancy

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