Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Physical Education Grade 9 Test**

/15

**Directions:** Please read the questions carefully and raise your hand to ask questions if unsure. Breathe, take your time and answer all questions to the best of your ability. You have 30 minutes to complete the test. Hand in to the front when finished.

GOOD LUCK ☺

**Target Outcomes:**

B9-1- Design, monitor and personally analyze nutrition programs that will affect physical performance

D9-6- Determine and articulate challenging personal and team goals based on interest and abilities

**True or False.** Select the correct answer. If the statement is true circle **T**, if the statement is false circle **F.** (1 mark/question)

The SMART acronym stands for Specific, Measureable, Attainable, Relevant and Time Bound. (D9-6)

1. T F

(T)

1. T F “I will eat healthier” is a SMART goal. (D9-6)

(F)

1. T F Personalization is a huge part in developing nutrition programs. (B9-1)

(T)

1. T F Increased activity level requires decreased calorie intake. (B9-1)

(F)

**Multiple Choice.** For the following questions circle the correct answer. (1mark/question)

1. Johnny set a goal to run 50km in under one hour by the end of the semester. What makes Johnny’s goal ***not*** a SMART goal? (D9-6)
2. His goal is not measurable.
3. His goal is not time bound.
4. His goal is not attainable.
5. His goal is not specific.

(C: This goal is not attainable as it is not realistic to run 50K in one hour.)

1. What are the three factors that will positively enhance a nutrition plan? (B9-1)
2. Exercise, sleep and hydration.
3. Weight lifting, protein power and steroids.
4. Weight loss supplements, sleep and hydration.
5. Exercise, weight loss supplements and hydration.

(A: Exercise, sleep and hydration are the three factors that will positively enhance a nutrition plan.)

**Use this excerpt for question 7 and 8.**

Stacey is fourteen years old and swims three hours a day, five days a week. Due to her early morning practices she often skips breakfast to get to practice on time. Typically, she buys lunch at the concession which may include a hot dog, pizza, or soup. After school Stacey has dinner with the family which is always her healthiest meal of the day. After dinner she does her homework and packs her swim bag for morning practice before heading to bed.

1. What is the **best** revision for Stacey’s daily routine to improve her overall wellness? (B9-1)
2. Pack leftover dinner for lunch instead of purchasing from the unhealthy concession options.
3. Prepare breakfast and lunch the night prior to ensure that she is eating a well balanced diet.
4. Wake up earlier to ensure she has time for breakfast each morning.
5. Eat breakfast while packing her swim bag in the morning.

(B: Preparing the night before is the best way for Stacey to revise her daily routine to ensure she eating a well balanced diet including breakfast, lunch and dinner.)

1. How should Stacey revise her eating habits to improve her swimming performance? (B9-1)
2. Stacey should have larger serving sizes during the day because she misses breakfast.
3. Stacey should have food with a higher percentage of sodium and saturated fats.
4. Stacey should have a larger variety of healthy food choices in her daily diet.
5. Stacey should have a small variety of healthy food choices in her daily diet.

(C: A large variety of healthy foods is the best way to revise her diet)

**Short Answer.** Read the entire question carefully. Answer all parts of the question. Point form is acceptable.

1. Create a short term **SMART** goal focusing on positively affecting your individual nutrition habits. (5 marks) (D9-6)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 0 Mark | 1 Marks | 2 Marks | 3 Marks | 4 Marks | 5 Marks |
| No score was awarded because there was insufficient evidence of the students knowledge of SMART goals. | Student correctly addresses one of five steps in goal setting. | Student correctly addresses two of the five steps in goal setting. | Student correctly addresses three of five steps in goal setting. | Student correctly addresses four of five steps in goal setting. | Student correctly addresses all five steps in goal setting. |

1. List **two** ways that your SMART goal you created in the question above would affect your physical performance. (2 marks) (B9-1)

**Answer key Question 10**

Students must provide two of four components previously discussed in class that correspond with their SMART goal from question 9.

1. Increase mood

2. Improved blood pressure

3. Improved exercise capacity

4. Increased attention span

1.

2.