Captivate
EDUCATION

Physical Education

Question and Answer Book

Practice examination 1 – 2027

Student name _____

Teacher _____

- Reading time is 15 minutes
- Writing time is 2 hours

Materials supplied

- Question and Answer Book
- Multiple-Choice Answer Sheet

Instructions

- Follow the instructions on your Multiple-Choice Answer Sheet.
- At the end of the examination, place your Multiple-Choice Answer Sheet inside the front cover of this book.

Students are not permitted to bring mobile phones and/or any unauthorised electronic devices into the examination room.

Contents

Section A (20 questions, 20 marks)

Section B (8 questions, 90 marks)

Assessment criteria for Section B

Practice material in the layout of the 2025 VCAA paper – generated 2027. Not a VCAA examination.

SAMPLE

Section A – Multiple-choice questions

Instructions

- Answer **all** questions in pencil on your Multiple-Choice Answer Sheet.
- Choose the response that is correct or that best answers the question.
- A correct answer scores 1; an incorrect answer scores 0.
- Marks will not be deducted for incorrect answers.
- No marks will be given if more than one answer is completed for any question.
- Unless otherwise indicated, the diagrams in this book are not drawn to scale.

Question 1

Compared with the ATP-CP system, the aerobic system has a

A. faster rate of ATP production and a smaller ATP yield.

B. faster rate of ATP production and a larger ATP yield.

C. slower rate of ATP production and a smaller ATP yield.

D. slower rate of ATP production and a larger ATP yield.

Question 2

A junior cricket coach shortens the pitch to 16 metres and replaces the hard ball with a softer ball so that beginners can bat with confidence. The coach is manipulating

A. an individual constraint.

B. an environmental constraint.

C. a task constraint.

D. a sociocultural factor.

Question 3

The loss of chronic training adaptations that occurs when an athlete stops training for an extended period is known as

A. diminishing returns.

B. overtraining.

C. tapering.

D. detraining.

Question 4

In the triple jump, the hop, the step and the jump are performed in a fixed order and each phase has a clear beginning and end. The triple jump is best classified as a

A. discrete skill.

B. serial skill.

C. continuous skill.

D. fine skill.

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Question 5

Which one of the following is an acute respiratory response to sub-maximal exercise?

A. increased tidal volume

B. increased stroke volume

C. increased motor unit recruitment

D. increased haemoglobin concentration

Question 6

A water polo coach records the heart rate of a centre forward throughout a match as part of an activity analysis. The coach would use this data mainly to

A. identify the player's fitness strengths and weaknesses.

B. estimate the contribution of each energy system during the match.

C. measure the player's stroke volume during play.

D. determine the reliability of the player's fitness tests.

Question 7

A golfer notices that her heart is racing and her hands are shaking as she stands over a putt to win a tournament. She steps back and takes several slow, controlled breaths before putting. This strategy is most likely being used to

A. decrease her arousal towards the optimal level.

B. increase her arousal towards the optimal level.

C. increase her motivation through goal setting.

D. increase her confidence through positive self-talk.

Question 8

A state-level rower completed an incremental step test on a rowing ergometer. Each stage lasted four minutes and the power output was increased by 40 watts at each stage. Heart rate and blood lactate concentration were recorded at the end of each stage.

Stage	Power output (W)	Heart rate (bpm)	Blood lactate (mmol/L)
1	160	128	1.2
2	200	143	1.4
3	240	157	1.7
4	280	170	2.1
5	320	181	4.6
6	360	189	9.8

The rower's lactate inflection point (LIP) occurs closest to a power output of

A. 200 W.

B. 280 W.

C. 320 W.

D. 360 W.

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Question 9

A distance runner wants to raise her lactate inflection point (LIP). The most appropriate intensity for her continuous training sessions is

A. 50–60% of maximum heart rate.

B. 65–70% of maximum heart rate.

C. 80–85% of maximum heart rate.

D. 95–100% of maximum heart rate.

Question 10

After a high jumper clears the bar, her coach tells her, 'Your take-off foot was too close to the bar.' This is an example of

A. intrinsic visual feedback.

B. augmented feedback as knowledge of results.

C. intrinsic kinaesthetic feedback.

D. augmented feedback as knowledge of performance.

Question 11

A basketball team's vertical jump was tested by one tester in the morning on a sprung timber floor and by a different tester in the afternoon on concrete. These differences in conditions would most reduce the test's

A. reliability.

B. validity.

C. accuracy.

D. specificity.

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Marking scheme – teacher copy

Practice examination 1 – 2027

Not for distribution to students.

Section	Questions	Marks available	Marks awarded
Section A	20	20	
Section B	8	90	
Total		**110**	

Section A

Question	Key	Question	Why
1	**D**	Compared with the ATP-CP system, the aerobic system has a	The aerobic system produces ATP at the slowest rate of the three systems but has by far the largest yield because it metabolises glycogen and triglycerides completely. Option A describes the ATP-CP system itself; options B and C each reverse one of the two relationships. Students who choose A have confused rate with yield, the error recorded in the reports every year.
2	**C**	A junior cricket coach shortens the pitch to 16 metres and replaces the hard ball with a softer ball so that beginners can bat with confidence. The coach is manipulating	Pitch length and the equipment used are features of the task, so a shorter pitch and a softer ball are task constraints. Option B is incorrect as environmental constraints are features of the surroundings such as surface, weather or crowd noise; option A is incorrect as individual constraints belong to the learner; option D is incorrect as sociocultural factors (family, peers, community) are not manipulated by equipment.

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3	**D**	The loss of chronic training adaptations that occurs when an athlete stops training for an extended period is known as	Detraining is the loss of adaptations when training stops. Option A is incorrect as diminishing returns describes smaller gains as fitness rises while training continues; option B is incorrect as overtraining is the result of too much training with too little recovery; option C is incorrect as tapering is a planned, short reduction in volume before competition.
4	**B**	In the triple jump, the hop, the step and the jump are performed in a fixed order and each phase has a clear beginning and end. The triple jump is best classified as a	A serial skill is a series of discrete skills performed in a set order, which is exactly how the stem describes the hop, step and jump. Option A is incorrect as a single phase would be discrete, but the whole jump is three phases joined; option C is incorrect as a continuous skill has no clear beginning or end; option D is incorrect as the triple jump uses large muscle groups and is a gross skill.
5	**A**	Which one of the following is an acute respiratory response to sub-maximal exercise?	Tidal volume (the volume of air per breath) rises during sub-maximal exercise. Option B is incorrect as stroke volume is a cardiovascular response; option C is incorrect as motor unit recruitment is a muscular response; option D is incorrect as an increase in haemoglobin is a chronic adaptation, not an acute response.

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6	**B**	A water polo coach records the heart rate of a centre forward throughout a match as part of an activity analysis. The coach would use this data mainly to	Heart-rate data from an activity analysis shows how intensity varies through the match and therefore estimates the contribution of each energy system, one of the physiological requirements the analysis exists to identify. Option A is incorrect as strengths and weaknesses are the purpose of fitness testing, not of an activity analysis (a confusion recorded in the 2025 report); option C is incorrect as a heart-rate monitor cannot measure stroke volume; option D is incorrect as reliability is a property of a test.
7	**A**	A golfer notices that her heart is racing and her hands are shaking as she stands over a putt to win a tournament. She steps back and takes several slow, controlled breaths before putting. This strategy is most likely being used to	A racing heart and shaking hands are signs of arousal above the optimal level for a fine, precise skill such as putting; controlled breathing is an arousal-reducing strategy. Option B is incorrect as the golfer is already over-aroused; options C and D are incorrect as the strategy described is breathing, not goal setting or self-talk, and motivation and confidence are not the problem described.

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