



ASSESSMENT TEST
in
MAPEH 7

MULTIPLE CHOICE:

Directions: Read each question carefully and choose the letter of the correct answer. Write your answer on the space provided before the number.

MUSIC

- ____ 1. It refers to how long or short the tone or silence lasts.
a. **duration** b. rhythm c. pitch d. timbre
- ____ 2. This is a curved line that joins 2 or more notes of the same pitch.
a. dot b. legato c. **tie** d. slur
- ____ 3. It consists of five parallel lines and four spaces.
a. time signature b. clef c. **staff** d. sharp
- ____ 4. It lowers the note by a half step.
a. sharp b. double sharp c. double flat d. **flat**
- ____ 5. They are the names which derived from the first 7 letters of the English Alphabet.
a. **So-fa syllables** b. Pitch names c. Surnames d. Middle names
- ____ 6. This is the highness or lowness of sound or tone.
a. timbre b. duration c. rhythm d. **pitch**
- ____ 7. Who is the singer and composer of the song "Anak"?
a. **Freddie Aguilar** b. Ogie Alcasid c. Noel Cabangon d. Ryan Cayabyab
- ____ 8. This is a kind of note that receives 4 counts or beats.
a. whole rest b. half rest c. quarter rest d. **whole note**
- ____ 9. This is the original voice or the quality of tone or voice of a person.
a. **timbre** b. duration c. rhythm d. pitch
- ____ 10. This is an example of an organized sound.
a. a crying baby c. a car's horn
b. **a group of choirs singing on stage** d. a dog's bark
- ____ 11. These instruments are often referred to as the "backbone" of the orchestra.
a. **String** b. Brass c. Woodwind d. Percussion
- ____ 12. This is the only sliding instrument in the brass section that shifts pitch in any key.
a. Trumpet b. French Horn c. Tuba d. **Trombone**
- ____ 13. These are examples of percussion instruments except,
a. Cymbals b. Chimes c. **Guitar** d. Snare drum
- ____ 14. What is the highest female voice?
a. Tenor b. **Soprano** c. Alto d. Baritone
- ____ 15. What is the lowest male voice?
a. **Bass** b. Baritone c. Alto d. Soprano

ARTS

- ____ 16. These are traditional arts made by common people who have had no formal art training.
a. Modern arts **b. Folk arts** c. Martial arts d. Artists
- ____ 17. This is the central religious and literacy text of Judaism and Christianity.
a. Qur'an **b. Bible** c. Netbook d. Notebook
- ____ 18. This is the residence of the Muslim chief that is huge stately house with a single room.
a. White House b. Chinese Temple **c. Torogan** d. Malacañang Palace
- ____ 19. This is the religion of the Jews.
a. Judaism b. Islam c. Protestant d. Hinduism
- ____ 20. What do you call a lanten Palm used during Palm Sunday rites?
a. Anahaw **b. Palaspas** c. Ash Wednesday d. Easter Sunday
- ____ 21. What do you call a weave from the T'boli of South Cotabato.
a. T'nalak ikat b. Laminosa c. abaca d. piña cloth
- ____ 22. They are composed of rich hacenderos and merchants,
a. Guardiya sibil **b. Ilustrados** c. Erehe d. Filibustero
- ____ 23. This place is famous for woodcarving of religious images and furniture.
a. Pogon **b. Paete** c. Jaro d. Mina
- ____ 24. Who is the artist or painter of the portrait of the Quiason Family?
a. Antonio Malantic b. Antonio Luna **c. Simon Flores** d. Eduardo Castillo
- ____ 25. This is a specific place for worship of the Muslim people.
a. San Agustin Church b. Function Hall c. Convento **d. Mosque**
- ____ 26. It is also known as "the mother of all Philippine festivals".
a. Ati-atihan Festival c. Panagbenga Festival
b. Dinagyang Festival d. Moriones Festival
- ____ 27. This is an element of art that refers to the distance or area----between, around, above and below within objects.
a. Shape b. Form c. Texture **d. Space**
- ____ 28. It is a principle of art concerned with combining different art elements like colors, shape, lines, space and texture to increase visual interest.
a. Variety b. Proportion c. Harmony d. Emphasis
- ____ 29. It occurs when all the elements in the composition radiate outward from the center or toward it.
a. Formal balance b. Informal balance c. Ulnar balance **d. Radial balance**
- ____ 30. The following are some of the ancient folk arts in the Philippines except,
a. Weaving b. Pottery **c. Farming** d. Carving

PHYSICAL EDUCATION AND HEALTH

- ____ 31. This is the ability to perform specific tasks or daily activities with vigor and alertness without undue fatigue.
a. **Physical fitness** c. Physical strength
b. Physically disabled d. Physically retarded
- ____ 32. This is the ability of a muscle group to continue muscle contraction over a length of time.
a. Muscular strength **c. Muscular endurance**
b. Muscular system d. mustache
- ____ 33. This is the ability to use one joint fully in a normal range of motion.
a. agility b. balance **c. flexibility** d. speed

- _____34. It is the property of muscles to resume their original length after being stretched.
a. extensibility b. contractibility **c. elasticity** d. excitability
- _____35. This is a system that controls the movement of the body.
a. Skeletal b. Nervous c. Circulatory d. Respiratory
- _____36. The human body is compared to _____ that needs utmost care in order to function well.
a. Doll **b. Machine** c. Mirror d. Book
- _____37. This is a pleasant diversion from routine and also relieves nervous tension.
a. driving **b. exercise** c. smoking d. all of the above
- _____38. This is the ability of the muscles to release maximum or full force within the shortest time possible.
a. strength **b. power** c. vigor d. speed
- _____39. It is widely known as a royal game and played by two players.
a. Chess b. Badminton c. Basketball d. Volleyball
- _____40. This is one factor that makes an individual acquire good health.
a. Physical health b. Mental health c. Intellectual capacity d. Moral health
- _____41. These are examples of healthy lifestyle except,
a. Regular exercise b. balanced diet **c. sleeping late** d. clean body
- _____42. This involves understanding and liking yourself as well as accepting and learning from your mistakes.
a. Emotional health c. Physical health
b. Mental health d. Spiritual health
- _____43. It is a dance that is usually classified as ritual, tribal or primitive dance.
a. Folk dance b. National dance **c. Ethnic dance** d. Ballroom dance
- _____44. What kind of medical examination is recommended to determine if there is loss of sight?
a. Hearing test **c. Vision test**
b. X-ray test d. Medical examination
- _____45. This is the measurement of person's weight relative to one's height.
a. Mass index b. Curl-up c. Fitness **d. Body Mass Index (BMI)**
- _____46. It is the state that enables a person to face and accept the realities of life.
a. Mental health b. Emotional health c. Physical health d. Moral health
- _____47. These are examples of outdoor activities except,
a. Hiking b. Swimming c. Mounteering **d. Computer games**
- _____48. It is an activity done during free time that provides a means of relaxing the mind and the body.
a. Eating c. Playing computer games
b. **Recreational Activity** d. Playing board games
- _____49. These are traditional dances of a country which are handed down from one generation to another.
a. Folk dances b. Modern dances c. Social dances d. Ethnic dances
- _____50. This is the ability of the heart and lung systems to work together to deliver oxygen to the working muscles and sustain energy for a long period of time.
a. BMI **c. cardio-vascular fitness**
b. muscular fitness d. flexibility fitness

ANSWER KEY:

MUSIC

1. A
2. C
3. C
4. D
5. A
6. D
7. A
8. D
9. A
10. B
11. A
12. D
13. C
14. B
15. A

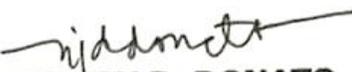
ARTS

16. B
17. B
18. C
19. A
20. B
21. A
22. B
23. B
24. C
25. D
26. A
27. D
28. A
29. D
30. C

P.E & HEALTH

31. A
32. C
33. C
34. C
35. A
36. B
37. B
38. B
39. A
40. A
41. C
42. A
43. D
44. A
45. D
46. A
47. D
48. B
49. A
50. C

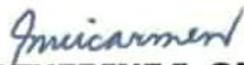
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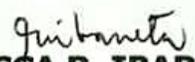
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