

Music, Arts, PE, and Health (MAPEH) Periodic Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. What running style is characterized by alternating between jogging and sprinting?**
 - A. Sprints**
 - B. Fartlek**
 - C. Base Run**
 - D. Long Run**
- 2. What term refers to a hollowed cylinder of wood with a narrow longitudinal opening, often associated with ancestral voices?**
 - A. Djembe**
 - B. Gong**
 - C. Atingting Kon (Slit Gong)**
 - D. Didgeridoo**
- 3. To effectively manage family size, what do the guidelines emphasize?**
 - A. Professional consultations only**
 - B. Availability of contraception**
 - C. Access to entertainment resources**
 - D. Focus on agricultural practices**
- 4. What does the African influence on Latin American music primarily add to its rhythms?**
 - A. Melody**
 - B. Rich and Varied Patterns**
 - C. Harmony**
 - D. Lyrics**
- 5. Which aspect of art includes the various surfaces and finishes that can be seen or felt?**
 - A. Value**
 - B. Color**
 - C. Texture**
 - D. Form**

- 6. Which law aims to protect the interest of consumers in the Philippines?**
- A. RA 7394 Consumer Act of the Philippines**
 - B. RA 8423 Traditional and Alternative Medicine Act**
 - C. RA 10354 Responsible Parenthood and Reproductive Act**
 - D. RA 2260 Consumer Rights Protection Act**
- 7. What is the defining characteristic of the Cumbia dance?**
- A. European and African instrumentation**
 - B. Jazz elements**
 - C. Bollywood influence**
 - D. Hip-hop elements**
- 8. Which dance style combines elements from different dance forms and focuses on a simple forward/backward sequence?**
- A. Foxtrot**
 - B. Cumbia**
 - C. Tango**
 - D. Bossa Nova**
- 9. What is the name of the flute that has a mouthpiece projecting from its body and consists of multiple finger holes?**
- A. Tarkas**
 - B. Ocarina**
 - C. Rasp**
 - D. Siku**
- 10. What category of instruments produces sound through the vibration of a membrane?**
- A. Chordophones**
 - B. Idiophones**
 - C. Membranophones**
 - D. Aerophones**

Answers

SAMPLE

1. B
2. C
3. B
4. B
5. C
6. A
7. A
8. A
9. B
10. C

SAMPLE

Explanations

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1. What running style is characterized by alternating between jogging and sprinting?

A. Sprints

B. Fartlek

C. Base Run

D. Long Run

The running style characterized by alternating between jogging and sprinting is known as Fartlek. This term, which comes from Swedish and translates to "speed play," combines continuous training with interval training. It allows runners to vary their pace and effort throughout the course of their run, which can lead to improved speed and endurance. Fartlek training is versatile and can be done on different terrains, making it accessible to runners of all levels. The unpredictability of changing speeds engages different muscle groups and enhances overall cardiovascular fitness, making it effective for building stamina and racing performance. The other options represent specific types of running that do not incorporate this combination of speeds. Sprints focus solely on high-speed running over short distances, while Base Runs and Long Runs emphasize maintaining a consistent, steady pace over longer distances without the interval element that defines Fartlek training.

2. What term refers to a hollowed cylinder of wood with a narrow longitudinal opening, often associated with ancestral voices?

A. Djembe

B. Gong

C. Atingting Kon (Slit Gong)

D. Didgeridoo

The term that refers to a hollowed cylinder of wood with a narrow longitudinal opening, often associated with ancestral voices, is indeed the Atingting Kon, commonly known as the slit gong. This traditional musical instrument produces sound through resonance when struck, and its design allows for a unique tonal quality. The slit opening is crucial as it influences the pitch and richness of the sound, making it suitable for cultural and ceremonial purposes—including rituals that involve invoking ancestral spirits. In contrast, the other instruments mentioned serve different musical functions and do not share the same structural characteristics. The djembe is a hand drum from West Africa that has a goblet shape but does not feature a longitudinal opening. A gong is a metallic instrument primarily used for producing a deep, resonant sound and lacks the hollowed wooden structure. The didgeridoo, while also a wind instrument similar to a hollow cylinder, is traditionally played by Indigenous Australians and does not have a longitudinal slit but is instead circular in design. Each of these instruments has its unique sound and cultural significance, which distinguishes them from the slit gong.

3. To effectively manage family size, what do the guidelines emphasize?

- A. Professional consultations only**
- B. Availability of contraception**
- C. Access to entertainment resources**
- D. Focus on agricultural practices**

The emphasis on the availability of contraception is pivotal in the context of managing family size. Access to various contraceptive methods allows individuals and couples to make informed decisions about their reproductive health. This empowers them to plan and space their children according to their personal, economic, and health circumstances. By providing choices in contraception, families can effectively limit the number of children they have, thereby managing their family size in a manner that supports their overall well-being and quality of life. In contrast, professional consultations may provide valuable information and support but do not directly contribute to family size management without the tools to control reproduction. Access to entertainment resources has little relevance to family planning, as it does not address the ability to manage reproductive health. Similarly, while agricultural practices can impact family size indirectly, they focus more on food production and rural livelihoods rather than directly addressing reproductive choices and family planning. Therefore, the availability of contraception stands out as the most effective method of managing family size.

4. What does the African influence on Latin American music primarily add to its rhythms?

- A. Melody**
- B. Rich and Varied Patterns**
- C. Harmony**
- D. Lyrics**

The influence of African music on Latin American rhythms is significant, primarily because it introduces rich and varied rhythmic patterns that are complex and diverse. African musical traditions emphasize polyrhythms, where multiple rhythms are played simultaneously, creating a tapestry of sound that is both intricate and engaging. This complexity adds a vibrant layer to Latin American music, transforming its rhythmic foundation. The rhythms derived from African traditions often incorporate syncopation and cross-rhythms, which contribute to the lively character of many Latin American genres such as salsa, samba, and cumbia. These patterns allow for expressive flexibility and improvisation, vital elements in both performing and dancing to this music style. This rhythmic richness not only enhances the musical experience but also reflects the cultural fusion that defines the identity of Latin American music. In contrast, while melody, harmony, and lyrics are also important components of music, they do not specifically capture the essence of the African influence in terms of rhythm. Melodies may remain simple or be borrowed from other traditions, harmony in Latin music typically does not emphasize the complex relationships found in African music, and lyrics, although vital as an expressive element, do not encapsulate the rhythmic contributions that are distinctive to the African heritage in Latin American music.

5. Which aspect of art includes the various surfaces and finishes that can be seen or felt?

A. Value

B. Color

C. Texture

D. Form

The aspect of art that encompasses the various surfaces and finishes that can be seen or felt is texture. Texture refers to the tactile quality of a surface, which can be rough, smooth, soft, hard, etc. In visual arts, it can also describe the visual texture that appears when light interacts with a surface, creating depth and interest in a piece. Texture can be actual (physical texture that can be felt) or implied (an illusion of texture created through artistic techniques, such as brushwork in painting). Understanding texture is crucial as it contributes significantly to the overall aesthetic experience of a work of art, influencing how viewers perceive and interact with it. It helps convey mood and emotion, adds dimensionality, and can even invoke a sensory response from the audience.

6. Which law aims to protect the interest of consumers in the Philippines?

A. RA 7394 Consumer Act of the Philippines

B. RA 8423 Traditional and Alternative Medicine Act

C. RA 10354 Responsible Parenthood and Reproductive Act

D. RA 2260 Consumer Rights Protection Act

The law that aims to protect the interest of consumers in the Philippines is the Consumer Act of the Philippines, or RA 7394. This comprehensive legislation covers various aspects of consumer rights, including the right to safety, information, and to choose, as well as the right to be heard. It establishes guidelines for fair marketing practices and sets standards for the quality and safety of products and services available in the market. By promoting consumer welfare and encouraging ethical business conduct, this law plays a crucial role in safeguarding the interests of consumers against unfair trade practices and substandard products. Other mentioned laws, although important in their respective areas such as health and traditional medicine, do not focus specifically on consumer protection and rights in the same manner as the Consumer Act does.

7. What is the defining characteristic of the Cumbia dance?

A. European and African instrumentation

B. Jazz elements

C. Bollywood influence

D. Hip-hop elements

The defining characteristic of Cumbia dance is its roots in the rich blend of European and African instrumentation, which reflects its historical and cultural development. Originating from Colombia, Cumbia combines Indigenous, African, and Spanish influences, leading to a unique musical style that is characterized by the use of traditional instruments such as drums, flutes, and maracas. This distinct fusion is essential not only to the sound of Cumbia music but also to its dance style, which is often performed in a way that emphasizes the rhythm and movement derived from these varied influences. The other choices do not accurately represent Cumbia's characteristics. Jazz elements suggest a completely different musical heritage and improvisational style. Bollywood influence points to the Indian film industry's distinct culture and is unrelated to Cumbia's origins. Similarly, hip-hop elements imply a modern urban influence that does not align with the traditional roots of Cumbia dance.

8. Which dance style combines elements from different dance forms and focuses on a simple forward/backward sequence?

A. Foxtrot

B. Cumbia

C. Tango

D. Bossa Nova

The style that truly embodies a combination of elements from various dance forms while emphasizing a straightforward forward and backward movement is the Foxtrot. This dance originated in the early 20th century and is characterized by its smooth, flowing movements which involve a basic step pattern that can easily be learned and performed by beginners. The Foxtrot incorporates influences from ragtime music and other dance styles, allowing dancers to express themselves through variations in rhythm and style while still maintaining a foundational sequence. Other dance styles, while distinct in their own right, do not primarily focus on the same level of blending and simplicity in sequences. Cumbia, for instance, has its roots in Colombian folk music and features a different rhythmic structure and dance style. Tango, known for its intricate footwork and dramatic poses, requires a level of intimacy and connection that does not emphasize simple forward and backward movements. Bossa Nova, on the other hand, is a Brazilian music genre and dance style which includes a more relaxed and flowing rhythm, but does not primarily focus on a straightforward dance sequence like the Foxtrot. Therefore, the essence of the Foxtrot's integration of diverse dance influences and its straightforward movement pattern makes it the correct choice in this context.

9. What is the name of the flute that has a mouthpiece projecting from its body and consists of multiple finger holes?

- A. Tarkas**
- B. Ocarina**
- C. Rasp**
- D. Siku**

The flute described in the question is best represented by the ocarina. The ocarina is a type of wind instrument that typically features a mouthpiece protruding from its body and is designed with several finger holes that allow the player to produce different notes by covering or uncovering these holes. It is commonly made from ceramic or plastic and has a distinct, rounded shape. In contrast, the tarkas is a traditional South American flute that usually does not have a projecting mouthpiece, and it often has a more cylindrical shape. The rasp, while a musical instrument, is not classified as a flute and typically produces sound through scraping rather than air. The siku, often referred to as panpipes, consists of multiple tubes of varying lengths and is played by blowing across the open ends, which makes it different from a single body flute like the ocarina. Thus, the ocarina's unique construction aligns perfectly with the description provided in the question.

10. What category of instruments produces sound through the vibration of a membrane?

- A. Chordophones**
- B. Idiophones**
- C. Membranophones**
- D. Aerophones**

In the study of musical instruments, the category that produces sound through the vibration of a membrane is known as membranophones. These instruments utilize a thin membrane, typically made from animal skin or synthetic materials, that vibrates when struck, rubbed, or otherwise disturbed. This vibration generates sound. Examples of membranophones include drums such as snare drums, bass drums, and bongos. When the membrane is hit, it vibrates, causing the air inside the drum to move and produce sound waves. This characteristic of sound production distinguishes membranophones from other categories of instruments. To clarify the other categories, chordophones produce sound through the vibration of strings, idiophones create sound through the vibration of the instrument itself without the need for strings or membranes, and aerophones generate sound by the vibration of air, usually through the use of a reed or by blowing air into a tube. Understanding these categories helps in recognizing the diverse ways musical sounds can be created in different cultures and musical traditions.