

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 is a mural?**
 - A. A painting done on a large wall or surface**
 - B. A small canvas painting**
 - C. A type of sculpture**
 - D. A technique in digital art**
- 2. Which traditional ensemble from Mexico originally consisted of violins, guitars, harp, and a guitarron?**
 - A. Huehueti**
 - B. Teponaztli**
 - C. Mariachi**
 - D. Ocarina**
- 3. What do couples need to determine regarding their family life?**
 - A. Their financial stability**
 - B. Their ideal family size**
 - C. Their job status**
 - D. Their social network**
- 4. What defines a Fartlek run?**
 - A. Consistent pace throughout**
 - B. Short bursts of speed followed by low intensity**
 - C. Hill training focused on endurance**
 - D. Long-distance running at race pace**
- 5. 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**

- 6. What is the primary function of rhythm in dance?**
- A. To inspire creativity among dancers**
 - B. To create a structure and enhance expressiveness of movements**
 - C. To select the style of music**
 - D. To encourage synchronized movements**
- 7. In terms of health law, what does RA 10354 emphasize?**
- A. Consumer Protection**
 - B. Reproductive Health Services**
 - C. Health Research Fund**
 - D. Healthcare for the Elderly**
- 8. What musical genre from Nigeria is traditionally used to wake up worshippers after fasting during Ramadan?**
- A. Apala (Akpala)**
 - B. Marabi**
 - C. Blues**
 - D. Soul**
- 9. Which of the following is a potential goal of health education?**
- A. To promote unhealthy eating behaviors**
 - B. To teach individuals about risk factors of diseases**
 - C. To discourage physical activity**
 - D. To emphasize the importance of social media use**
- 10. Which style of music utilizes local drum and percussion instruments among the indigenous population of Latin America?**
- A. Traditional Indian Music**
 - B. Indigenous Latin-American Music**
 - C. Euro-Latin American Music**
 - D. Afro-Latin American Music**

Answers

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

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Explanations

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1. What is a mural?

A. A painting done on a large wall or surface

B. A small canvas painting

C. A type of sculpture

D. A technique in digital art

A mural is defined as a painting that is specifically created on a large wall or surface, often intended to be a part of the architectural context in which it is placed. Murals can serve various purposes; they may aim to beautify a space, tell a story, or convey social and political messages. This form of art often engages the community and can transform public places, making art accessible to a wider audience. The scale and integration of murals into their environment distinguish them from smaller art forms like canvas paintings, which are meant to be displayed independently and are not permanent fixtures in a particular location. The other options do not accurately reflect the essence of a mural since they describe different forms of art, such as smaller paintings, sculptures, and techniques in digital art.

2. Which traditional ensemble from Mexico originally consisted of violins, guitars, harp, and a guitarron?

A. Huehueti

B. Teponaztli

C. Mariachi

D. Ocarina

The traditional ensemble from Mexico that originally consisted of violins, guitars, harp, and a guitarron is known as Mariachi. This genre plays a vital role in Mexican culture and is often associated with celebratory events and gatherings. The instruments that make up a Mariachi band create a lively and distinct sound, which is integral to the performance of traditional Mexican music. Mariachi has evolved over time, incorporating various regional influences, but its core instrumentation is key to its identity. The violins add melody and harmonies, while the guitars provide rhythmic support. The harp contributes a unique texture to the ensemble, and the guitarron, which is a large bass guitar, anchors the rhythm and bass line. In contrast, the other options mentioned relate to different aspects of Mexican culture and music but do not feature the same combination of instruments associated with the Mariachi ensemble. For example, Huehueti is a large ceremonial drum, Teponaztli is a type of slit drum, and the Ocarina is a wind instrument. None of these represent the traditional ensemble structure that is characteristic of Mariachi music.

3. What do couples need to determine regarding their family life?

- A. Their financial stability**
- B. Their ideal family size**
- C. Their job status**
- D. Their social network**

The decision about their ideal family size is crucial for couples as it directly influences various aspects of their family life, including emotional, financial, and logistical considerations. Understanding how many children they wish to have helps couples plan for the future, aligning their life goals and ensuring they are on the same page regarding their aspirations for family dynamics. This decision impacts parenting styles, lifestyle choices, availability of resources such as time and money, and even personal life goals. Couples must consider factors such as their current relationships, health, and long-term desires, which all relate to their understanding of their ideal family size. While financial stability, job status, and social networks are important, they often serve as supporting factors that surround the core decision about family size. Couples might base their choices on these elements but ultimately, the ideal family size serves as the foundational decision that shapes various other aspects of family life.

4. What defines a Fartlek run?

- A. Consistent pace throughout**
- B. Short bursts of speed followed by low intensity**
- C. Hill training focused on endurance**
- D. Long-distance running at race pace**

A Fartlek run is characterized by short bursts of speed followed by lower-intensity periods of running. This style of training combines continuous running with interval training, allowing for a variable pace that helps improve speed, endurance, and overall performance. The concept comes from the Swedish term meaning "speed play," reflecting the athlete's ability to alternate between fast and slow segments. This method of running can be easily integrated into a variety of training environments, offering both physical and mental benefits by breaking the monotony of a standard, consistent pace workout. It's particularly effective for developing speed and stamina, making it a popular choice among runners who aim for versatility in their training routines.

5. 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.

6. What is the primary function of rhythm in dance?

A. To inspire creativity among dancers

B. To create a structure and enhance expressiveness of movements

C. To select the style of music

D. To encourage synchronized movements

The primary function of rhythm in dance is to create a structure and enhance the expressiveness of movements. Rhythm provides a guiding framework that helps dancers time their movements in relation to the beats and accents in the music. This synchronization with rhythm not only allows for a more coherent performance but also elevates the emotional and aesthetic quality of the dance. When dancers understand and embody the rhythm, they can express a wide range of emotions and ideas more effectively. By aligning their movements with the underlying beat, they can emphasize certain actions and create visual interest, making their performance more engaging for the audience. Additionally, the structure provided by rhythm allows for varied dynamics in a piece, such as contrasts between fast and slow tempos or soft and loud accents, which can all enhance the storytelling aspect of the dance. While creativity, style selection, and synchronization are important aspects of dance, they are secondary to the foundational role that rhythm plays in shaping the overall movement and expression of a dance performance.

7. In terms of health law, what does RA 10354 emphasize?

- A. Consumer Protection**
- B. Reproductive Health Services**
- C. Health Research Fund**
- D. Healthcare for the Elderly**

RA 10354, also known as the Responsible Parenthood and Reproductive Health Act of 2012, primarily emphasizes reproductive health services. This law was enacted to ensure access to comprehensive reproductive health care services, which includes family planning and education, maternal care, and reproductive health information. It aims to provide individuals and couples with the means to make informed decisions about their reproductive health. The focus on reproductive health services helps to promote responsible parenthood and supports overall health and well-being within families. The other options, while related to health and well-being, do not capture the central theme of RA 10354. Consumer protection is a broader area that encompasses various sectors, health research funds relate to scientific study and advancements in healthcare, and healthcare for the elderly targets a specific demographic rather than the comprehensive scope of reproductive health outlined in the law.

8. What musical genre from Nigeria is traditionally used to wake up worshippers after fasting during Ramadan?

- A. Apala (Akpala)**
- B. Marabi**
- C. Blues**
- D. Soul**

Apala, also known as Akpala, is a traditional musical genre from Nigeria that is particularly associated with the Muslim community and is used to wake up worshippers after fasting during Ramadan. This genre has roots in the Yoruba culture, characterized by its rhythmic drumming and call-and-response vocal styles, making it suitable for energizing the community during this important spiritual period. The music's lively tempo and engaging melodies help evoke a sense of worship and celebration as the faithful prepare to break their fast. Its cultural and religious significance during Ramadan underscores its appropriateness in this context, distinguishing it from other genres that do not have the same tradition or specific association with this practice.

9. Which of the following is a potential goal of health education?

- A. To promote unhealthy eating behaviors**
- B. To teach individuals about risk factors of diseases**
- C. To discourage physical activity**
- D. To emphasize the importance of social media use**

The goal of health education is fundamentally centered around enhancing individuals' understanding of health-related topics and improving overall well-being. Teaching individuals about risk factors of diseases plays a crucial role in this context. By understanding these risk factors, people can make informed choices regarding their lifestyle and health, which can lead to preventative measures and better health outcomes. In contrast, the other options do not align with the objectives of health education. Promoting unhealthy eating behaviors or discouraging physical activity contradicts the purpose of educating individuals to make healthier lifestyle choices. Additionally, while social media can have an impact on health communication, the emphasis on its use typically does not prioritize health education goals, which focus more on providing knowledge and encouraging positive health behaviors.

10. Which style of music utilizes local drum and percussion instruments among the indigenous population of Latin America?

- A. Traditional Indian Music**
- B. Indigenous Latin-American Music**
- C. Euro-Latin American Music**
- D. Afro-Latin American Music**

Indigenous Latin-American music is characterized by its deep roots in the cultural practices and traditions of the indigenous populations throughout the region. This style prominently features local drum and percussion instruments that are integral to the music, often made from materials that are indigenous to the area. These instruments not only create distinctive rhythms but also serve ceremonial, spiritual, and community purposes. The usage of traditional percussion instruments reflects the essence of indigenous heritage, facilitating storytelling, rituals, and celebrations within communities. It connects the music to the history and culture of the indigenous peoples, showcasing their unique identities and the natural resources available to them. Other styles, while they may incorporate various musical elements, do not primarily focus on the indigenous instruments and traditions. For instance, Euro-Latin American music blends European influences with Latin American themes, often leading to different instrumentation and styles that do not emphasize indigenous roots as prominently. Afro-Latin American music, while rich and diverse, specifically represents the African influences and traditions in the Latin American context, which differs from the indigenous practices. Traditional Indian music, while significant, refers to the music of the Indian subcontinent and is not directly related to Latin America.