

40 Multiple choice questions



A+
100%

1. the point at which lactic acid accumulates rapidly in the blood
 - a. **CORRECT: lactate threshold**
 - b. anaerobic threshold
 - c. lactic acid
 - d. aerobic threshold

2. wasting away or decreasing in size
 - a. **CORRECT: atrophy**
 - b. strength
 - c. glycogen
 - d. anaerobic

3. the storage form of glucose, used for fuel when blood glucose levels decline
 - a. atrophy
 - b. **CORRECT: glycogen**
 - c. kilojoule
 - d. glycolysis

4. muscle growth together with an increase in the size of muscle cells
 - a. atrophy
 - b. lung capacity
 - c. respiration
 - d. **CORRECT: muscle hypertrophy**

5. a point beyond which a given power output cannot be maintained
 - a. lactate threshold
 - b. **CORRECT: lactate inflection point (LIP)**
 - c. creatine phosphate (CP)
 - d. adenosine triphosphate (ATP)

6. a level of exercise intensity that is sufficient to cause a training effect (around 70% of maximal heart rate)
 - a. aerobic metabolism
 - b. lactate threshold
 - c. **CORRECT: aerobic threshold**
 - d. anaerobic threshold

7. an energy-rich compound that serves as an alternate energy source for muscular contraction
 - a. adenosine triphosphate (ATP)
 - b. resting heart rate
 - c. static stretching
 - d. **CORRECT: creatine phosphate (CP)**

8. the breakdown of fuel in the presence of oxygen to produce energy (ATP)
 - a. metabolism
 - b. aerobic threshold
 - c. anaerobic glycolysis
 - d. **CORRECT: aerobic metabolism**

9. a reaction that occurs in the absence of oxygen
 - a. **CORRECT: anaerobic**
 - b. glycogen
 - c. atrophy
 - d. haemoglobin

10. motion or movement energy
 - a. capillaries
 - b. **CORRECT: mechanical energy**
 - c. chemical energy
 - d. cardiac output

11. the ability of a muscle or muscle group to exert a force against a resistance
 - a. atrophy
 - b. glycogen
 - c. **CORRECT: strength**
 - d. anaerobic

12. a level of intensity where the accumulation of lactic acid in the blood increases very quickly
- aerobic threshold
 - anaerobic glycolysis
 - CORRECT: anaerobic threshold**
 - lactate threshold
13. the ability of the working muscles to use the oxygen being delivered
- glycogen
 - strength
 - stroke volume
 - CORRECT: oxygen uptake**
14. activity in which participants move from one station to another performing specific exercises at each
- lactic acid
 - aerobic training zone
 - static stretching
 - CORRECT: circuit training**
15. tiny blood vessels that connect smallest arteries to the smallest veins
- respiration
 - plyometrics
 - glycolysis
 - CORRECT: capillaries**
16. the process of breathing
- haemoglobin
 - capillaries
 - resynthesis
 - CORRECT: respiration**

17. a progressive cycle involving a static stretch, an isometric contraction and a period of relaxation in the lengthened position
- dynamic stretching
 - CORRECT: PNF stretching**
 - plyometrics
 - static stretching
18. activity in which participants vary their speed and terrain, engaging both anaerobic and aerobic energy systems
- resting heart rate
 - circuit training
 - CORRECT: fartek training (speed play)**
 - aerobic training zone
19. the number of heartbeats per minute while the body is at rest
- resynthesis
 - CORRECT: resting heart rate**
 - lung capacity
 - respiration
20. the process where glucose is broken down in the absence of oxygen to produce energy
- anaerobic threshold
 - aerobic metabolism
 - CORRECT: anaerobic glycolysis**
 - glycolysis
21. the amount of air that the lungs can hold
- lactic acid
 - flexibility
 - PNF stretching
 - CORRECT: lung capacity**

22. a safe form of stretching in which the stretch is held for a period of 10-30 seconds
- CORRECT: static stretching**
 - dynamic stretching
 - circuit training
 - PNF stretching
23. an involuntary muscle contraction that prevents fibre damage if muscles are lengthened beyond their normal range
- CORRECT: stretch reflex**
 - respiration
 - strength
 - stroke volume
24. a by-product of the incomplete breakdown of carbohydrate in the absence of oxygen
- capillaries
 - lung capacity
 - CORRECT: lactic acid**
 - atrophy
25. the process of restoring ATP to its former state
- CORRECT: resynthesis**
 - respiration
 - glycogen
 - glycolysis
26. fibres that contract slowly for long periods of time and are recruited for endurance activities
- CORRECT: slow-twitch muscle fibres**
 - static stretching
 - fast-twitch muscle fibres
 - stretch reflex
27. a level of intensity that causes the heart rate to be high enough to cause significant training gains
- CORRECT: aerobic training zone**
 - aerobic interval training
 - aerobic threshold
 - circuit training

28. the amount of blood pumped by the heart per minute
- CORRECT: cardiac output**
 - chemical energy
 - lactic acid
 - kilojoule
29. a special range of exercises in which a muscle is lengthened using an eccentric contraction, then followed by a shortening or concentric contraction
- glycogen
 - glycolysis
 - capillaries
 - CORRECT: plyometrics**
30. the substance in the blood that binds to oxygen and transports it around the body
- anaerobic
 - glycogen
 - CORRECT: haemoglobin**
 - glycolysis
31. fibres that reach peak tension quickly and are recruited for power and explosive movements
- CORRECT: fast-twitch muscle fibres**
 - slow-twitch muscle fibres
 - static stretching
 - stretch reflex
32. the process of using glycogen or glucose as fuel
- plyometrics
 - resynthesis
 - glycogen
 - CORRECT: glycolysis**

33. a high energy compound that stores and transfers energy to body cells allowing for muscle contraction
- CORRECT: adenosine triphosphate (ATP)**
 - resting heart rate
 - creatine phosphate (CP)
 - aerobic threshold
34. the range through which joints and body parts are able to move
- CORRECT: flexibility**
 - respiration
 - anaerobic
 - metabolism
35. energy stored in bonds between atoms
- mechanical energy
 - cardiac output
 - flexibility
 - CORRECT: chemical energy**
36. a unit of measure of the energy value of food
- CORRECT: kilojoule**
 - glycogen
 - atrophy
 - anaerobic
37. alternating sessions of work and recovery
- circuit training
 - aerobic training zone
 - CORRECT: aerobic interval training**
 - aerobic metabolism
38. the sum of all chemical processes within cells that transforms substances into energy
- glycolysis
 - atrophy
 - CORRECT: metabolism**
 - flexibility

39. activity using speed and momentum with movements experienced in a game to increase flexibility
- circuit training
 - PNF stretching
 - CORRECT: dynamic stretching**
 - static stretching
40. the amount of blood ejected by the left ventricle of the heart during a contraction, measured in mL/beat
- atrophy
 - strength
 - kilojoule
 - CORRECT: stroke volume**