

40 Multiple choice questions

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

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

3. the storage form of glucose, used for fuel when blood glucose levels decline
 - a. atrophy
 - b. 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. muscle hypertrophy

5. a point beyond which a given power output cannot be maintained
 - a. lactate threshold
 - b. 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. 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. 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. aerobic metabolism

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

10. motion or movement energy
 - a. capillaries
 - b. 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. strength
 - d. anaerobic

12. a level of intensity where the accumulation of lactic acid in the blood increases very quickly
 - a. aerobic threshold
 - b. anaerobic glycolysis
 - c. anaerobic threshold
 - d. lactate threshold

13. the ability of the working muscles to use the oxygen being delivered
 - a. glycogen
 - b. strength
 - c. stroke volume
 - d. oxygen uptake

14. activity in which participants move from one station to another performing specific exercises at each
 - a. lactic acid
 - b. aerobic training zone
 - c. static stretching
 - d. circuit training

15. tiny blood vessels that connect smallest arteries to the smallest veins
 - a. respiration
 - b. plyometrics
 - c. glycolysis
 - d. capillaries

16. the process of breathing
 - a. haemoglobin
 - b. capillaries
 - c. resynthesis
 - d. respiration

17. a progressive cycle involving a static stretch, an isometric contraction and a period of relaxation in the lengthened position
 - a. dynamic stretching
 - b. PNF stretching
 - c. plyometrics
 - d. static stretching

18. activity in which participants vary their speed and terrain, engaging both anaerobic and aerobic energy systems
 - a. resting heart rate
 - b. circuit training
 - c. fartek training (speed play)
 - d. aerobic training zone

19. the number of heartbeats per minute while the body is at rest
 - a. resynthesis
 - b. resting heart rate
 - c. lung capacity
 - d. respiration

20. the process where glucose is broken down in the absence of oxygen to produce energy
 - a. anaerobic threshold
 - b. aerobic metabolism
 - c. anaerobic glycolysis
 - d. glycolysis

21. the amount of air that the lungs can hold
 - a. lactic acid
 - b. flexibility
 - c. PNF stretching
 - d. lung capacity

22. a safe form of stretching in which the stretch is held for a period of 10-30 seconds
 - a. static stretching
 - b. dynamic stretching
 - c. circuit training
 - d. PNF stretching

23. an involuntary muscle contraction that prevents fibre damage if muscles are lengthened beyond their normal range
 - a. stretch reflex
 - b. respiration
 - c. strength
 - d. stroke volume

24. a by-product of the incomplete breakdown of carbohydrate in the absence of oxygen
 - a. capillaries
 - b. lung capacity
 - c. lactic acid
 - d. atrophy

25. the process of restoring ATP to its former state
- resynthesis
 - respiration
 - glycogen
 - glycolysis
26. fibres that contract slowly for long periods of time and are recruited for endurance activities
- 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
- aerobic training zone
 - aerobic interval training
 - aerobic threshold
 - circuit training
28. the amount of blood pumped by the heart per minute
- 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
 - plyometrics
30. the substance in the blood that binds to oxygen and transports it around the body
- anaerobic
 - glycogen
 - haemoglobin
 - glycolysis

31. fibres that reach peak tension quickly and are recruited for power and explosive movements
 - a. fast-twitch muscle fibres
 - b. slow-twitch muscle fibres
 - c. static stretching
 - d. stretch reflex

32. the process of using glycogen or glucose as fuel
 - a. plyometrics
 - b. resynthesis
 - c. glycogen
 - d. glycolysis

33. a high energy compound that stores and transfers energy to body cells allowing for muscle contraction
 - a. adenosine triphosphate (ATP)
 - b. resting heart rate
 - c. creatine phosphate (CP)
 - d. aerobic threshold

34. the range through which joints and body parts are able to move
 - a. flexibility
 - b. respiration
 - c. anaerobic
 - d. metabolism

35. energy stored in bonds between atoms
 - a. mechanical energy
 - b. cardiac output
 - c. flexibility
 - d. chemical energy

36. a unit of measure of the energy value of food
 - a. kilojoule
 - b. glycogen
 - c. atrophy
 - d. anaerobic

37. alternating sessions of work and recovery
- circuit training
 - aerobic training zone
 - aerobic interval training
 - aerobic metabolism
38. the sum of all chemical processes within cells that transforms substances into energy
- glycolysis
 - atrophy
 - metabolism
 - flexibility
39. activity using speed and momentum with movements experienced in a game to increase flexibility
- circuit training
 - PNF stretching
 - 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
 - stroke volume