

Introduction to Sports Science

Sports Science · Practice Test · 12 Questions

1. Which organ is primarily responsible for pumping oxygenated blood to muscles during exercise?

- A) Lungs
- B) Heart
- C) Liver
- D) Stomach

2. What is the main source of energy that the human body uses during physical activity?

- A) Oxygen
- B) Water
- C) Glucose
- D) Iron

3. Which mineral is essential for building and maintaining strong bones for athletes?

- A) Calcium
- B) Sodium
- C) Zinc
- D) Potassium

4. What type of energy do muscles turn into when they contract to help a person move?

- A) Light energy
- B) Sound energy
- C) Chemical energy
- D) Mechanical energy

5. Which of these sports equipment items is designed to reduce friction between the athlete and the ground?

- A) Running shoes
- B) Ice skates
- C) Soccer cleats
- D) Baseball gloves

6. What is the name of the tough, flexible tissue that connects muscles to bones?

- A) Cartilage
- B) Tendon
- C) Artery
- D) Nerve

7. Which gas do athletes breathe in more of during exercise to help produce energy?

- A) Carbon dioxide
- B) Nitrogen
- C) Oxygen
- D) Helium

8. In physics, what force pulls an athlete back down to the ground after a jump?

- A) Gravity
- B) Magnetism
- C) Friction
- D) Inertia

9. Which body system is responsible for controlling all muscle movements during a sport?

- A) Digestive system
- B) Nervous system
- C) Respiratory system
- D) Excretory system

10. What is the primary function of sweat during intense physical activity?

- A) To remove dust
- B) To lubricate skin
- C) To cool the body down
- D) To release extra salt

11. Which nutrient is most important for repairing muscle tissue after exercise?

- A) Protein
- B) Fat
- C) Sugar
- D) Starch

12. What term describes the amount of space an object takes up, which is important for sports balls like basketballs?

- A) Mass
- B) Volume
- C) Gravity
- D) Density