

Sporty Body Science Facts

Sports Science · Practice Test · 9 Questions

1. What type of body tissue allows you to move your arms and legs?

- A) Bones
- B) Nerves
- C) Muscles
- D) Skin

2. When you exercise, what typically happens to your heart rate?

- A) It slows down
- B) It stays the same
- C) It speeds up
- D) It stops

3. Which nutrient is the body's main source of energy for sports activities?

- A) Vitamins
- B) Water
- C) Carbohydrates
- D) Fats

4. Why is it important to drink water before, during, and after exercise?

- A) To make your stomach full
- B) To avoid feeling thirsty
- C) To stay hydrated and replace fluids lost through sweat
- D) To make you run faster

5. What is the main reason to do a warm-up before playing sports?

- A) To get tired quickly
- B) To make muscles colder
- C) To prepare your body for exercise and reduce injury risk
- D) To practice new skills

6. What is the main function of your skeleton during sports?

- A) To produce energy
- B) To provide support and protect organs
- C) To absorb nutrients
- D) To regulate body temperature

7. What gas do your lungs take in from the air that your body needs during exercise?

- A) Carbon Dioxide
- B) Nitrogen
- C) Oxygen
- D) Hydrogen

8. Besides eating well and staying hydrated, what is another important way for athletes to recover after exercise?

- A) Watching TV
- B) Playing video games
- C) Getting enough sleep
- D) Cleaning your room

9. When an athlete uses the correct body posture and movement technique, what are they improving?

- A) Their sense of humour
- B) Their ability to make friends
- C) Their biomechanics and efficiency
- D) Their shoe size