Fundamentals of Exercise Science

Exercise Science · Answer Key · 10 Questions

1. What type of exercise primarily strengthens the heart and improves lung capacity?

A) Resistance training
B) Aerobic exercise
C) Stretching
D) Balance training

2. Which principle describes the increase in muscle size due to resistance training?

A) Atrophy
B) Hypertrophy
C) Sarcopenia
D) Flexibility

3. Regular weight-bearing exercise helps to increase or maintain what in bones?

A) Flexibility
B) Water content
C) Bone density
D) Joint lubrication

4. What is the primary source of energy for the body during exercise?

A) Vitamins
B) Minerals
C) Calories from food
D) Water

5. What is a main purpose of a warm-up before exercise?

A) To increase muscle soreness
B) To decrease heart rate
C) To prepare muscles and joints for activity
D) To reduce sweating

6. Why is it important to stay hydrated during exercise?

A) To increase appetite
B) To prevent overheating and maintain bodily functions
C) To make muscles bigger
D) To reduce the need for oxygen

7. Activities like sprinting or heavy weightlifting primarily use which energy system?

A) Aerobic
B) Anaerobic
C) Flexibility
D) Balance

8. What is a key benefit of regular stretching exercises?

A) Increased muscle mass
B) Improved flexibility and range of motion
C) Enhanced bone density
D) Faster metabolism

9. Which of these is considered a main component of physical fitness?

A) Reading ability
B) Cardiorespiratory endurance
C) Hair growth
D) Sense of smell

10. Why is adequate rest important after strenuous exercise?

A) To prevent muscle growth
B) To allow muscles to repair and grow stronger
C) To increase joint stiffness
D) To burn more calories