

Fundamentals of Exercise Science

Exercise Science · Practice Test · 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