

Foundational Facts of Exercise Science

Exercise Science · Answer Key · 2 Questions

1. What is a primary benefit of regular aerobic exercise?

- A) Increased muscle mass
- B) Improved cardiovascular health**
- C) Reduced bone density
- D) Decreased flexibility

2. Which of the following is a major muscle group primarily targeted during a bicep curl?

- A) Quadriceps
- B) Hamstrings
- C) Biceps brachii**
- D) Triceps brachii