

Sports Science Basics for Kids

Sports Science · Answer Key · 20 Questions

1. Which organ is responsible for pumping blood throughout the body during exercise?

- A) Lungs
- B) Heart**
- C) Stomach
- D) Brain

2. What is the primary gas that muscles need from the blood to keep working during a run?

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

3. Which body system allows humans to move their bones and limbs?

- A) Muscular system**
- B) Digestive system
- C) Nervous system
- D) Excretory system

4. What are the tough, flexible tissues that connect muscles to bones?

- A) Cartilage
- B) Ligaments
- C) Tendons**
- D) Skin

5. Which nutrient is most commonly known as the main fuel source for athletes?

- A) Carbohydrates**
- B) Vitamin C
- C) Iron
- D) Fiber

6. What happens to your heart rate when you start running fast?

- A) It stays the same
- B) It increases**
- C) It decreases
- D) It stops

7. Which mineral is essential for keeping bones strong for sports?

A) Calcium

B) Gold

C) Copper

D) Silver

8. What is the main purpose of sweating during sports?

A) To get rid of salt

B) To lose weight

C) To cool down the body

D) To hydrate the skin

9. Which type of exercise focuses on making the heart and lungs stronger, like swimming or cycling?

A) Aerobic exercise

B) Flexibility training

C) Weight lifting

D) Resting

10. What do we call the state of being able to move a joint through its full range of motion?

A) Strength

B) Flexibility

C) Balance

D) Speed

11. Which body part acts as a lever during activities like throwing a ball or jumping?

A) Bones

B) Fat cells

C) Blood vessels

D) Hair

12. What is the scientific term for the amount of energy in food?

A) Temperature

B) Volume

C) Calories

D) Mass

13. Which part of the brain helps an athlete maintain their balance?

A) Cerebellum

B) Frontal lobe

C) Brain stem

D) Spinal cord

14. Why is it important to warm up before a sports match?

A) To get tired

B) To increase blood flow to muscles

C) To finish the game faster

D) To make the equipment work

15. What do muscles do when they contract?

A) They get longer

B) They get shorter

C) They disappear

D) They turn into bone

16. Which substance carries oxygen around the body in the blood?

A) Plasma

B) Platelets

C) Hemoglobin

D) Water

17. What happens to your breathing rate when you exercise?

A) It slows down

B) It stays regular

C) It increases

D) It stops completely

18. Which of these is a function of the skeletal system during sports?

A) Digesting food

B) Providing structure and support

C) Processing thoughts

D) Cleaning the blood

19. What is the main reason athletes drink water before, during, and after exercise?

A) To improve flavor

B) To prevent dehydration

C) To gain muscle mass

D) To cool the air

20. Which type of movement is a 'sit-up' primarily focused on?

A) Bending the spine

B) Rotating the head

C) Extending the toes

D) Flexing the ankles