

Sports Science Basics for Kids

Sports Science · Practice Test · 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