

Exercise Science Basics for Kids

Exercise Science · Practice Test · 12 Questions

1. Which type of muscle is responsible for moving your bones and allows you to walk and run?

- A) Cardiac muscle
- B) Smooth muscle
- C) Skeletal muscle
- D) Involuntary muscle

2. What is the primary substance used by the human body for immediate energy during intense exercise?

- A) Adenosine triphosphate (ATP)
- B) Calcium
- C) Vitamin D
- D) Iron

3. Which organ is responsible for pumping oxygen-rich blood to the muscles during physical activity?

- A) Lungs
- B) Heart
- C) Liver
- D) Stomach

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

- A) Ligaments
- B) Cartilage
- C) Tendons
- D) Joints

5. Which mineral is most important for maintaining strong, healthy bones?

- A) Sodium
- B) Potassium
- C) Calcium
- D) Magnesium

6. What is the main role of red blood cells during exercise?

- A) Digesting food
- B) Fighting germs
- C) Transporting oxygen
- D) Building muscle mass

7. Which of these is an example of an aerobic exercise?

- A) Weightlifting
- B) Long-distance running
- C) Shot put throw
- D) High jump

8. What is the purpose of a warm-up before exercising?

- A) To grow taller
- B) To increase body temperature and blood flow
- C) To build massive muscle
- D) To reduce the need for water

9. Which part of the body acts as a hinge or ball-and-socket to allow movement?

- A) Joint
- B) Tendon
- C) Ligament
- D) Muscle fiber

10. What is the name of the process where the body uses oxygen to produce energy?

- A) Anaerobic respiration
- B) Photosynthesis
- C) Aerobic respiration
- D) Fermentation

11. Which system in your body provides the structure that allows muscles to create movement?

- A) Nervous system
- B) Skeletal system
- C) Digestive system
- D) Endocrine system

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

- A) It stays exactly the same
- B) It slows down significantly
- C) It increases to take in more oxygen
- D) It stops temporarily