

Sports Science Fundamentals for High School

Sports Science · Answer Key · 2 Questions

1. Which energy system provides the fastest production of ATP but has the most limited capacity, primarily fueling activities lasting less than 10 seconds?

- A) Aerobic system
- B) Anaerobic glycolysis
- C) ATP-PC system**
- D) Beta-oxidation

2. When a muscle lengthens under tension, such as during the lowering phase of a bicep curl, what type of contraction is occurring?

- A) Isometric
- B) Concentric
- C) Eccentric**
- D) Isokinetic