

Introduction to Exercise Science

Exercise Science · Practice Test · 12 Questions

1. Which type of muscle is responsible for voluntary movement in the human body?

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

2. What is the primary function of the cardiovascular system during exercise?

- A) To produce red blood cells
- B) To transport oxygen to working muscles
- C) To store energy as fat
- D) To regulate body temperature through shivering

3. Which nutrient is considered the body's primary fuel source during high-intensity exercise?

- A) Carbohydrates
- B) Protein
- C) Fats
- D) Vitamins

4. What does the acronym 'FITT' stand for in the context of exercise programming?

- A) Frequency, Intensity, Time, Type
- B) Fitness, Interest, Training, Technique
- C) Function, Interval, Tempo, Tension
- D) Fast, Intense, Tough, Training

5. Which bone in the human body is commonly known as the 'thigh bone'?

- A) Tibia
- B) Fibula
- C) Femur
- D) Humerus

6. What is the definition of 'aerobic' exercise?

- A) Exercise that requires no oxygen
- B) Exercise that uses oxygen to produce energy
- C) Exercise performed only by athletes
- D) Exercise that causes immediate muscle fatigue

7. Which system provides the structural framework for the body and protects internal organs?

- A) Muscular system
- B) Nervous system
- C) Skeletal system
- D) Respiratory system

8. What is the primary role of the lungs in the respiratory system?

- A) To digest food
- B) To pump blood to the brain
- C) To facilitate gas exchange between air and blood
- D) To store excess water

9. Which of the following is a component of health-related fitness?

- A) Reaction time
- B) Agility
- C) Muscular endurance
- D) Coordination

10. What is the main function of tendons in the musculoskeletal system?

- A) Connecting bone to bone
- B) Connecting muscle to bone
- C) Producing red blood cells
- D) Lubricating joints

11. Which energy system is used for short, explosive movements lasting only a few seconds?

- A) ATP-CP system
- B) Aerobic glycolysis
- C) Oxidative phosphorylation
- D) Krebs's cycle

12. What is the term for the amount of blood pumped by the heart in one minute?

- A) Blood pressure
- B) Stroke volume
- C) Cardiac output
- D) Heart rate