

Awesome Exercise Science Facts!

Exercise Science · Answer Key · 12 Questions

1. What is the main job of your heart during exercise?

A) To pump blood faster to your muscles.

- B) To store extra energy.
- C) To help you digest food.
- D) To make your bones grow.

2. Which part of your body helps you breathe in oxygen when you exercise?

A) Lungs

- B) Stomach
- C) Brain
- D) Skin

3. When you exercise, your muscles need fuel. What is the main fuel for your muscles?

A) Carbohydrates

- B) Water
- C) Oxygen
- D) Vitamins

4. What happens to your body temperature when you exercise vigorously?

A) It goes up.

- B) It goes down.
- C) It stays the same.
- D) It becomes very cold.

5. Which type of exercise helps to make your bones strong?

A) Running and jumping

- B) Reading a book
- C) Watching TV
- D) Sleeping

6. What is the term for the ability of your muscles to keep working for a long time?

A) Muscle endurance

- B) Muscle speed
- C) Muscle size
- D) Muscle jumping

7. When you cool down after exercise, what should you do?

A) Slowly lower your heart rate with light movement.

B) Immediately take a cold shower.

C) Sit down and rest completely.

D) Start stretching vigorously.

8. Why is it important to drink water when you exercise?

A) To replace fluids lost through sweat.

B) To make your muscles tired.

C) To slow down your breathing.

D) To help you get sleepy.

9. What do you call the range of movement at a joint?

A) Flexibility

B) Strength

C) Speed

D) Balance

10. Which of these is a type of aerobic exercise?

A) Swimming

B) Lifting heavy weights

C) Push-ups

D) Holding a plank

11. What happens to your heart rate when you start exercising?

A) It increases.

B) It decreases.

C) It stops.

D) It stays the same.

12. What helps to build and repair your muscles after exercise?

A) Protein

B) Sugar

C) Fat

D) Salt