

Awesome Exercise Science Facts!

Exercise Science · Practice Test · 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