

Human Body & Health in Sports Economics

Economics Of Sport · Answer Key · 20 Questions

1. What is the primary energy source for short, high-intensity bursts of exercise, like sprinting?

A) Fat

B) Carbohydrates (Glycogen)

C) Protein

D) Water

2. Adequate hydration is crucial for athletic performance primarily because it helps regulate:

A) Muscle growth

B) Body temperature

C) Bone density

D) Red blood cell production

3. Which nutrient is most important for muscle repair and growth after exercise?

A) Vitamins

B) Minerals

C) Protein

D) Fiber

4. The process of muscle adaptation to regular exercise, leading to increased strength and endurance, is known as:

A) Dehydration

B) Atrophy

C) Hypertrophy

D) Osteoporosis

5. A common consequence of overtraining that can negatively impact athletic performance and overall health is:

A) Improved sleep quality

B) Reduced risk of injury

C) Burnout and increased susceptibility to illness

D) Enhanced cognitive function

6. The body's ability to sustain prolonged physical activity is largely dependent on the efficiency of which system?

- A) Nervous system
- B) Digestive system
- C) Cardiovascular and respiratory systems**
- D) Endocrine system

7. Which of the following is a primary function of carbohydrates in the context of sports nutrition?

- A) Building and repairing tissues
- B) Providing immediate energy**
- C) Regulating hormones
- D) Absorbing vitamins

8. Regular cardiovascular exercise, like running or swimming, strengthens the:

- A) Muscles in the hands
- B) Heart and lungs**
- C) Eyelid muscles
- D) Fingernails

9. The long-term health benefits of regular physical activity include a reduced risk of:

- A) Increased appetite
- B) Weight gain
- C) Chronic diseases like heart disease and diabetes**
- D) Joint stiffness

10. What type of bone fracture is more common in athletes experiencing repetitive stress from sports like long-distance running?

- A) Compound fracture
- B) Greenstick fracture
- C) Stress fracture**
- D) Comminuted fracture

11. The practice of consuming carbohydrates before, during, and after exercise is known as:

- A) Protein loading
- B) Hydration training
- C) Carbohydrate loading/topping**
- D) Fat dieting

12. Which of these is a direct result of anaerobic exercise (e.g., weightlifting)?

- A) Increased lung capacity
- B) Improved aerobic endurance
- C) Increased muscle mass**
- D) Better heat dissipation

13. The body's production of sweat during exercise is essential for:

- A) Increasing muscle temperature
- B) Releasing toxins
- C) Cooling the body**
- D) Adding electrolytes to the skin

14. Which vitamin is crucial for bone health and is often synthesized in the skin upon exposure to sunlight?

- A) Vitamin C
- B) Vitamin A
- C) Vitamin D**
- D) Vitamin K

15. What term describes the ability of muscles to perform repetitive movements without fatigue?

- A) Muscular strength
- B) Flexibility
- C) Muscular endurance**
- D) Power

16. The optimal range for resting heart rate for a well-conditioned athlete is typically:

- A) Higher than an untrained individual
- B) Lower than an untrained individual**
- C) The same as an untrained individual
- D) Variable and unpredictable

17. Injuries like sprains and strains often affect which type of body tissue?

- A) Bone
- B) Nerve
- C) Ligament and tendon**
- D) Cartilage

18. Proper nutrition plays a significant role in preventing injuries by contributing to:

- A) Increased bone brittleness
- B) Weaker connective tissues
- C) Stronger bones and ligaments**
- D) Reduced muscle elasticity

19. The metabolic process that converts food into energy is influenced by the presence of:

- A) Excessive sugar
- B) Adequate vitamins and minerals**
- C) High amounts of saturated fat
- D) Dehydration

20. Which of the following is a common dietary strategy to support recovery after intense exercise?

- A) Consuming only simple sugars
- B) Avoiding all forms of protein
- C) Balancing carbohydrates and protein intake**
- D) Strict calorie restriction