

Human Body & Health in Sports Economics

Economics Of Sport · Practice Test · 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