

Fundamentals of Exercise Science

Exercise Science · Answer Key · 15 Questions

1. Which organ is primarily responsible for pumping blood throughout the human body?

- A) Lungs
- B) Heart**
- C) Liver
- D) Kidneys

2. What is the primary energy source used by muscles during high-intensity exercise?

- A) Adenosine triphosphate (ATP)**
- B) Vitamin C
- C) Iron
- D) Calcium

3. Which type of muscle tissue is responsible for voluntary body movement?

- A) Smooth muscle
- B) Cardiac muscle
- C) Skeletal muscle**
- D) Involuntary muscle

4. What is the standard unit used to measure the energy content of food?

- A) Kilojoule**
- B) Kilogram
- C) Millilitre
- D) Watt

5. Which connective tissue attaches muscle to bone?

- A) Ligament
- B) Cartilage
- C) Tendon**
- D) Joint

6. Which term describes the amount of oxygen the body can use during intense exercise?

- A) VO2 max**
- B) Resting heart rate
- C) Blood pressure
- D) Body mass index

7. What is the main function of red blood cells?

- A) Fighting infection
- B) Transporting oxygen**
- C) Clotting blood
- D) Digesting food

8. Which macronutrient is the primary fuel source for the brain and muscles?

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

9. Where is the quadriceps muscle group located?

- A) Back of the arm
- B) Front of the thigh**
- C) Lower leg
- D) Chest

10. Which mineral is most essential for maintaining healthy bone density?

- A) Calcium**
- B) Sodium
- C) Zinc
- D) Potassium

11. What does the 'F' stand for in the FITT principle of exercise prescription?

- A) Flexibility
- B) Frequency**
- C) Fitness
- D) Force

12. Which type of exercise involves sustained rhythmic activity, such as running or swimming?

- A) Anaerobic
- B) Aerobic**
- C) Isometric
- D) Static

13. Which part of the body is commonly referred to as the 'core'?

- A) Hands and feet
- B) Trunk and pelvis**
- C) Head and neck
- D) Shoulders

14. What is the purpose of a 'cool down' after exercise?

- A) To increase heart rate
- B) To allow heart rate to return to resting levels**
- C) To build muscle mass
- D) To increase blood pressure

15. What is the scientific name for the upper arm bone?

- A) Femur
- B) Tibia
- C) Humerus**
- D) Radius