The Economics of Sport: Human Body & Health Edition

Economics Of Sport · Answer Key · 8 Questions

1. Which of the following is a primary energy source for muscles during sustained aerobic exercise, impacting athlete performance and thus economic value?

A) Protein
B) Fat
C) Vitamins
D) Minerals

2. The economic impact of sports medicine is significant due to the body's need for repair after physical exertion. Which of these is a common treatment for muscle tears?

A) Intravenous hydration
B) Physical therapy and rehabilitation
C) High-intensity interval training
D) Acupuncture

3. Endorphins, often called 'feel-good' hormones, are released during exercise and can influence an athlete's motivation and economic potential. What is their primary function?

A) To increase body temperature
B) To act as natural pain relievers
C) To enhance muscle growth
D) To improve blood circulation

4. Proper hydration is crucial for athletic performance and recovery, directly affecting an athlete's ability to compete and generate economic value. What is the main role of water in the body during exercise?

A) To store energy
B) To regulate body temperature
C) To build bone density
D) To increase lung capacity

5. The economic cost of sports injuries can be substantial. Which of these body systems is most directly affected by a sprained ankle?

A) Digestive system
B) Nervous system
C) Skeletal and muscular system
D) Respiratory system

6. The cardiovascular system's efficiency is vital for endurance athletes, influencing their economic marketability. What is the primary function of the heart in this system?

A) To filter waste products
B) To pump blood throughout the body
C) To produce hormones
D) To digest food

7. Nutritional science plays a key role in athlete health and performance, impacting economic outcomes. Which macronutrient is the primary source of energy for high-intensity activities?

A) Fiber
B) Protein
C) Carbohydrates
D) Healthy fats

8. The economic value of preventing sports injuries is high. Which of the following is a common method for improving flexibility and reducing the risk of muscle strains?

A) Weightlifting
B) Stretching
C) Sprinting
D) Jumping