

Exercise Science Fundamentals

Exercise Science · Practice Test · 20 Questions

1. In what year was the American College of Sports Medicine (ACSM) founded?

- A) 1954
- B) 1960
- C) 1975
- D) 1982

2. Approximately how many bones are in the adult human skeleton?

- A) 186
- B) 206
- C) 226
- D) 256

3. Who is often referred to as the 'Father of Aerobics' for his 1968 book on the subject?

- A) Kenneth Cooper
- B) Jack LaLanne
- C) Arnold Schwarzenegger
- D) Arthur Jones

4. What is the standard resting heart rate range (in beats per minute) for a healthy adult?

- A) 30-50
- B) 60-100
- C) 110-140
- D) 150-180

5. Which muscle is the largest muscle in the human body by volume?

- A) Biceps brachii
- B) Gluteus maximus
- C) Rectus abdominis
- D) Trapezius

6. How many chambers does the human heart have?

- A) Two
- B) Three
- C) Four
- D) Six

7. The 'FITT' principle stands for Frequency, Intensity, Time, and what?

- A) Tolerance
- B) Technique
- C) Type
- D) Temperature

8. What is the recommended minimum number of minutes of moderate-intensity aerobic physical activity per week for adults?

- A) 60 minutes
- B) 90 minutes
- C) 150 minutes
- D) 300 minutes

9. In which decade did the first 'Nautilus' exercise machines, created by Arthur Jones, hit the commercial market?

- A) 1950s
- B) 1960s
- C) 1970s
- D) 1980s

10. Approximately what percentage of the human body weight is composed of water?

- A) 40%
- B) 60%
- C) 80%
- D) 90%

11. What is the unit of measurement used to express the energy expenditure of physical activities?

- A) Metabolic Equivalent (MET)
- B) Newton
- C) Joule
- D) Watt

12. Which of these is a measure of body composition?

- A) BMI
- B) VO2 Max
- C) 1RM
- D) RPE

13. At what age did the Olympic Games first allow women to compete in marathons?

- A) 1956
- B) 1984
- C) 1996
- D) 2004

14. What is the maximum number of ATP molecules produced through aerobic respiration from one molecule of glucose?

- A) 2
- B) 4
- C) 32
- D) 64

15. How many pairs of ribs does a standard human have?

- A) 10
- B) 12
- C) 14
- D) 16

16. Which vitamin is primarily synthesized in the human skin through exposure to ultraviolet light?

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

17. What is the primary function of the SA node in the human heart?

- A) Pumping blood
- B) Natural pacemaker
- C) Filtering waste
- D) Oxygenating blood

18. How many phases are there in the standard 'Periodization' model for athletes?

- A) Two
- B) Three
- C) Four
- D) Five

19. What was the first year that the 'Special Olympics' were held?

- A) 1968
- B) 1972
- C) 1980
- D) 1988

20. Which protein filament is considered the 'thick' filament in muscle contraction?

- A) Actin
- B) Myosin
- C) Troponin
- D) Tropomyosin