Nature and Sports Medicine Facts

Sports Medicine · Answer Key · 12 Questions

1. Which animal's ability to regrow lost limbs is studied in regenerative sports medicine to understand tissue repair?

A) Axolotl
B) Elephant
C) Giraffe
D) Eagle

2. What substance, found in the shells of crustaceans like crabs and lobsters, is used in sports supplements for joint health?

A) Collagen
B) Glucosamine
C) Keratin
D) Calcium

3. In sports medicine, what natural cooling mechanism do dogs use to regulate body temperature during physical exertion?

A) Sweating through skin
B) Panting
C) Growing thick fur
D) Drinking cold water

4. Which feature of a cheetah's anatomy helps it maintain high-speed stability while running, a concept studied in sports biomechanics?

A) A flexible spine
B) Lack of claws
C) Large ears
D) Long whiskers

5. What is the primary function of the thick blubber layer in marine mammals like seals, which helps them maintain homeostasis in cold environments?

A) Speed regulation
B) Insulation
C) Digestive support
D) Muscle contraction

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6. Which avian feature allows birds to maintain balance and stability during high-speed flight, often referenced in human agility training?

A) Hollow bones
B) Tail feathers
C) Strong eyesight
D) Webbed feet

7. What substance produced by bees is sometimes applied to minor skin abrasions due to its natural antiseptic properties?

A) Pollen
B) Royal Jelly
C) Propolis
D) Honey

8. Which physiological adaptation allows camels to sustain physical activity in extreme heat without rapid dehydration?

A) Sweating
B) Storing fat in humps
C) Oval-shaped red blood cells
D) Large hooves

9. What material found in spider silk is studied by researchers for its incredible strength-to-weight ratio, similar to high-performance sports fabrics?

A) Protein fibers
B) Liquid wax
C) Dead skin cells
D) Silica crystals

10. Which characteristic of a kangaroo's tendons acts like a natural spring to store and release energy during hopping?

A) High elasticity
B) High calcium content
C) Fluid-filled sacs
D) Bony structure

11. What do deep-sea fish possess that allows them to maintain buoyancy without constant muscle effort, a principle relevant to aquatic physical therapy?

A) Gas-filled swim bladder
B) Light bones
C) Thick scales
D) Oil-filled liver

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12. Which mineral, found in high concentrations in bird eggshells, is essential for human bone density and sports-related injury prevention?

A) Iron

B) Calcium

C) Potassium

D) Magnesium

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