Middle School Exercise Science

Exercise Science · Answer Key · 9 Questions

1. Which organ is responsible for pumping oxygenated blood to working muscles during physical activity?

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

2. What type of joint is found at the elbow and knee, allowing movement primarily in one back-and-forth direction?

A) Ball-and-socket joint
B) Hinge joint
C) Pivot joint
D) Gliding joint

3. When the biceps muscle contracts to bend the elbow, which muscle acts as the antagonist by relaxing?

A) Deltoid
B) Triceps
C) Pectoralis major
D) Hamstring

4. Which gas is absorbed from the air in the lungs into the blood to support aerobic cellular energy production?

A) Carbon dioxide
B) Nitrogen
C) Oxygen
D) Hydrogen

5. Which nutrient serves as the human body's primary and most efficient energy source during high-intensity exercise?

A) Carbohydrates
B) Fats
C) Proteins
D) Vitamins

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6. Which component of physical fitness describes the range of motion available around a specific joint?

A) Muscular strength
B) Flexibility
C) Agility
D) Cardiorespiratory endurance

7. What term describes metabolic energy production that occurs without the presence of oxygen?

A) Aerobic respiration
B) Anaerobic respiration
C) Photosynthesis
D) Oxidative phosphorylation

8. Which training principle states that exercise intensity must gradually increase to continually improve fitness?

A) Reversibility
B) Specificity
C) Progressive overload
D) Tedium

9. Which chemical byproduct accumulates in muscle tissue during intense anaerobic exertion, contributing to muscle fatigue?

A) Lactic acid
B) Glucose
C) Hemoglobin
D) Glycogen

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