

Middle School Exercise Science

Exercise Science · Practice Test · 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

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