Fundamentals of Exercise Science

Exercise Science · Answer Key · 10 Questions

1. Which organ system is primarily responsible for pumping blood throughout the body during exercise?

A) Respiratory system
B) Cardiovascular system
C) Digestive system
D) Endocrine system

2. What is the primary source of chemical energy used by human muscle cells for contraction?

A) Adenosine triphosphate (ATP)
B) Glucose
C) Lactic acid
D) Protein

3. Which type of muscle is responsible for voluntary movement of the skeleton?

A) Cardiac muscle
B) Smooth muscle
C) Skeletal muscle
D) Visceral muscle

4. What is the anatomical term for the connective tissue that attaches muscle to bone?

A) Ligament
B) Cartilage
C) Tendon
D) Fascia

5. Which gas do humans primarily consume more of during aerobic exercise to support metabolism?

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

6. In which part of the cell does aerobic energy production primarily take place?

A) Nucleus
B) Mitochondria
C) Ribosome
D) Cytoplasm

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7. What is the physiological term for the increase in muscle fibre size resulting from resistance training?

A) Atrophy
B) Hypertrophy
C) Flexibility
D) Aerobic capacity

8. Which nutrient is considered the primary fuel source for high-intensity, short-duration anaerobic exercise?

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

9. What type of exercise is specifically defined by the sustained movement of large muscle groups to improve heart and lung efficiency?

A) Flexibility training
B) Aerobic exercise
C) Anaerobic power
D) Isometric training

10. What is the name of the iron-containing protein in red blood cells that transports oxygen to muscles?

A) Hemoglobin
B) Myosin
C) Insulin
D) Collagen

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