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Practice Questions

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1. Which energy system is primarily used during a 45-minute moderate-intensity aerobics class?

- A. ATP-PC system
- B. Anaerobic glycolysis
- C. Lactic acid system
- D. Aerobic system

2. Which muscle group is primarily responsible for extending the knee?

- A. Gastrocnemius
- B. Soleus
- C. Quadriceps
- D. Hamstrings

3. What is the primary function of the deltoid muscles?

- A. Knee flexion
- B. Shoulder abduction
- C. Elbow flexion
- D. Hip extension

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4. During which type of muscle contraction does the muscle shorten while generating force?

- A. Concentric
- B. Eccentric
- C. Isometric
- D. Isokinetic



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5. What is the primary function of mitochondria in muscle cells during exercise?

- A. Store glycogen
- B. Transport oxygen
- C. Remove lactic acid
- D. Produce ATP for energy

6. Which blood vessels carry oxygen-rich blood away from the heart?

- A. Capillaries
- B. Venules
- C. Arteries
- D. Veins

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7. What is the name of the joint where the femur meets the tibia?

- A. Elbow joint
- B. Knee joint
- C. Hip joint
- D. Ankle joint

8. Which muscle group is primarily responsible for plantar flexion of the foot?

- A. Gastrocnemius and soleus
- B. Tibialis anterior
- C. Quadriceps
- D. Hamstrings

9. What is the primary role of fast-twitch muscle fibers?

- A. Maintain posture
- B. Support endurance activities
- C. Store glycogen
- D. Generate power for quick movements

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10. Which hormone is primarily responsible for the fight-or-flight response during exercise?

- A. Cortisol
- B. Testosterone
- C. Adrenaline
- D. Insulin

11. What is the primary function of the rotator cuff muscles?

- A. Rotate the spine
- B. Stabilize the shoulder joint
- C. Flex the elbow
- D. Extend the knee

12. Which type of muscle tissue is under voluntary control?

- A. Skeletal muscle
- B. Cardiac muscle
- C. Smooth muscle
- D. Visceral muscle

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13. What is the primary function of the transverse abdominis muscle?

- A. Spinal flexion
- B. Hip rotation
- C. Shoulder elevation
- D. Core stabilization

14. Which movement occurs when the scapulae move toward each other?

- A. Elevation
- B. Depression
- C. Retraction
- D. Protraction

15. What is the primary function of synovial fluid?

- A. Store energy
- B. Lubricate joints
- C. Build muscle
- D. Transport oxygen



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16. Which plane of motion does a jumping jack primarily occur in?

- A. Frontal plane
- B. Sagittal plane
- C. Transverse plane
- D. Horizontal plane

17. What is the primary function of the iliopsoas muscle?

- A. Hip extension
- B. Knee extension
- C. Ankle dorsiflexion
- D. Hip flexion

18. Which type of joint allows for rotation around a single axis?

- A. Saddle joint
- B. Pivot joint
- C. Hinge joint
- D. Ball and socket joint

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19. What is the primary function of the sarcomere in muscle tissue?

- A. Filter blood
- B. Generate muscle contraction
- C. Store glycogen
- D. Produce hormones

20. Which type of muscle fiber is most resistant to fatigue?

- A. Slow-twitch fibers
- B. Fast-twitch fibers
- C. Intermediate fibers
- D. Mixed fibers



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21. Which chronic disease can regular physical activity help prevent?

- A. Common cold
- B. Chicken pox
- C. Food allergies
- D. Type 2 diabetes

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22. What is the minimum recommended duration for a single bout of aerobic activity to count towards daily physical activity goals?

- A. 30 minutes
- B. 60 minutes
- C. 10 minutes
- D. 5 minutes

23. Which mental health benefit is most commonly associated with regular physical activity?

- A. Enhanced artistic skills
- B. Reduced anxiety and depression
- C. Improved memory only
- D. Better spelling ability

24. How often should adults perform muscle-strengthening activities according to physical activity guidelines?

- A. At least 2 days per week
- B. Every day
- C. Once per month
- D. Only on weekends

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25. What is considered a moderate-intensity physical activity?

- A. Sleeping
- B. Sprinting
- C. Maximum weight lifting
- D. Brisk walking



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26. Which body system shows immediate benefits from regular physical activity?

- A. Immune system
- B. Reproductive system
- C. Cardiovascular system
- D. Digestive system

27. What percentage of maximum heart rate typically represents moderate-intensity physical activity?

- A. 20-30%
- B. 64-76%
- C. 40-50%
- D. 85-95%

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28. Which bone-related benefit is associated with regular physical activity?

- A. Increased bone density
- B. Decreased bone length
- C. Softer bones
- D. Brittle bones

29. What is the recommended weekly amount of vigorous-intensity physical activity for adults?

- A. 150 minutes
- B. 300 minutes
- C. 30 minutes
- D. 75 minutes

30. Which is a key metabolic benefit of regular physical activity?

- A. Reduced muscle mass
- B. Slower digestion
- C. Improved insulin sensitivity
- D. Decreased metabolism



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Answer Key & Explanations

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1. D — Aerobic system

The aerobic energy system is the primary source of energy during sustained, moderate-intensity activities lasting longer than a few minutes, making it the main system used during typical aerobics classes.

2. C — Quadriceps

The quadriceps muscle group, located on the front of the thigh, is the primary muscle responsible for knee extension, which is crucial in many exercise movements.

3. B — Shoulder abduction

The deltoid muscles are responsible for shoulder abduction (lifting the arm away from the body) and are crucial for overhead movements in exercise.

4. A — Concentric

A concentric contraction occurs when the muscle shortens while generating force, such as during the lifting phase of a bicep curl.

5. D — Produce ATP for energy

Mitochondria are the cellular powerhouses that produce ATP through aerobic metabolism, providing energy for sustained exercise.

6. C — Arteries

Arteries carry oxygen-rich blood away from the heart to supply working muscles and organs with necessary oxygen during exercise.

7. B — Knee joint

The knee joint is where the femur (thighbone) meets the tibia (shinbone), forming a crucial joint for lower body movements.

8. A — Gastrocnemius and soleus

The gastrocnemius and soleus muscles (calf muscles) are primarily responsible for plantar flexion, which is pointing the toes downward.

9. D — Generate power for quick movements

Fast-twitch muscle fibers are specialized for quick, powerful movements and are primarily used during high-intensity, short-duration activities.

10. C — Adrenaline

Adrenaline (epinephrine) is the primary hormone responsible for the fight-or-flight response, increasing heart rate and blood flow during exercise.

11. B — Stabilize the shoulder joint

The rotator cuff muscles stabilize the shoulder joint and help control arm movements, particularly during overhead activities.



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12. A — Skeletal muscle

Skeletal muscle tissue is under voluntary control and is responsible for movements we consciously control during exercise.

13. D — Core stabilization

The transverse abdominis muscle provides core stability and helps compress the abdominal contents, acting as a natural weight belt.

14. C — Retraction

Scapular retraction occurs when the shoulder blades move toward each other, as in the middle of a rowing movement.

15. B — Lubricate joints

Synovial fluid lubricates joints and reduces friction between articular cartilage during movement.

16. A — Frontal plane

Jumping jacks primarily occur in the frontal (coronal) plane, involving lateral movements away from and toward the midline of the body.

17. D — Hip flexion

The iliopsoas muscle is the primary hip flexor, responsible for lifting the thigh toward the torso.

18. C — Hinge joint

A hinge joint, like the elbow, allows movement in one plane around a single axis, similar to a door hinge.

19. B — Generate muscle contraction

The sarcomere is the basic functional unit of muscle tissue where muscle contraction occurs through the sliding filament mechanism.

20. A — Slow-twitch fibers

Slow-twitch (Type I) muscle fibers are most resistant to fatigue and are primarily used during endurance activities.

21. D — Type 2 diabetes

Regular physical activity is proven to help prevent type 2 diabetes by improving insulin sensitivity and blood glucose control. It's one of the most effective lifestyle interventions for diabetes prevention.

22. C — 10 minutes

According to physical activity guidelines, aerobic activity should be performed in bouts of at least 10 minutes to contribute to the weekly recommended total of 150 minutes of moderate-intensity activity.

23. B — Reduced anxiety and depression

Regular physical activity has been consistently shown to reduce symptoms of anxiety and depression by releasing endorphins and improving mood regulation.

24. A — At least 2 days per week

Physical activity guidelines recommend adults perform muscle-strengthening activities involving major muscle groups on at least 2 days per week for optimal health benefits.

25. D — Brisk walking

Brisk walking is considered a moderate-intensity physical activity as it raises heart rate but still allows for



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conversation, making it an ideal example of moderate exercise.

26. C — Cardiovascular system

The cardiovascular system shows immediate benefits from physical activity through improved blood circulation, lower blood pressure, and enhanced heart function.

27. B — 64-76%

Moderate-intensity physical activity typically falls between 64-76% of maximum heart rate, allowing for sustained activity while providing health benefits.

28. A — Increased bone density

Weight-bearing physical activity increases bone density by stimulating bone formation, helping to prevent osteoporosis and maintain skeletal health.

29. D — 75 minutes

Adults should get at least 75 minutes of vigorous-intensity aerobic activity per week, which can be an alternative to 150 minutes of moderate-intensity activity.

30. C — Improved insulin sensitivity

Regular physical activity improves insulin sensitivity, helping the body better regulate blood sugar levels and maintain metabolic health.



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