

# **Physical Education Studies Year II General**

## **CHAPTER 5: Exercise Physiology**

**NEXT** 

## Welcome to the quiz for Chapter 5

- You will be given 15 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?

**Question 1**

**Which of the following is NOT a component of health-related fitness?**

- A. Cardiorespiratory endurance**
- B. Balance**
- C. Flexibility**
- D. Body composition**



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 2**

**Which of the following is NOT a component of performance-related fitness?**

- A. Power**
- B. Speed**
- C. Muscular strength**
- D. Coordination**



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



### Question 3

Individuals with a higher proportion of slow-twitch muscle fibres have a greater capacity for which of the following?

- A. Muscle endurance
- B. Flexibility
- C. Muscle strength
- D. Balance

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 4

Which of the following would you use to test cardiorespiratory fitness?

- A. Sit-ups
- B. Standing vertical jump
- C. Margaria stair running test
- D. 12-minute run

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 5**

**Which of the following would you use to test power?**

- A. Standing vertical jump**
- B. Bicycle ergometer**
- C. Flexed arm hang**
- D. 30 metre sprint**



**TRY AGAIN...**

**BACK TO QUESTION** 





**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 6

Which of the following would you use to test muscular strength and endurance?

- A. 40 metre sprint
- B. Sit-ups
- C. 12-minute run
- D. Bend, twist and touch test



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 7

Which of the following is NOT a correct statement regarding warm-up?

- A. It increases blood flow through the muscles
- B. It lubricates the muscle, joint and other connective tissues
- C. It reduces muscle temperature and disperses lactic acid
- D. It stimulates the heart and lungs moderately and progressively



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 8

Which of the following is NOT an immediate response of the circulatory system to physical activity?

- A. Increased heart rate
- B. Increased blood pressure
- C. Decreased stroke volume
- D. Selective redistribution of blood





**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 9

Why does cardiac output increase due to physical exertion?

- A. Because the blood gets thinner and is easier to pump
- B. To provide increased amounts of fuel and oxygen to working muscles
- C. To pump greater amounts of ATP to working muscles
- D. Because the heart increases in size during exercise



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 10

Why does the arteriovenous oxygen difference increase during exercise?

- A. Because the venous oxygen concentration decreases
- B. Because the venous oxygen concentration increases
- C. Because the arterial oxygen concentration decreases
- D. Because the arterial oxygen concentration increases



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



**Question 11**

**Which of the following activities would result in the highest heart rate?**

- A. Walking for 2 minutes**
- B. Sit-ups for 30 seconds**
- C. Step-ups onto a bench for 2 minutes**
- D. Jogging for 2 minutes**

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 12

Which of the following is NOT an immediate response of the respiratory system to physical activity?

- A. Increased respiratory rate
- B. Increased gaseous exchange in the lungs
- C. Increased oxygen supply
- D. Decreased tidal volume



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 13

Which energy system is used for short bursts of activity – up to 10 seconds?

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



**TRY AGAIN...**

**BACK TO QUESTION** 





**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 14

Which energy system is used to complete a 400 m sprint?

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



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 15

Which energy system has the greatest capacity for ATP production?

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



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**



NEXT



**CONGRATULATIONS!**  
**YOU HAVE COMPLETED**  
**THE CHAPTER 5 QUIZ**