

## 25 Multiple choice questions

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1. forces generated by muscles working on joints
  - a. buoyant force
  - b. arteries
  - c. capillaries
  - d. applied forces
  
2. the opposite of topspin; occurs when a ball or object rotates backwards causing it to fall slowly at the end of flight
  - a. aerobic
  - b. anaerobic
  - c. balance
  - d. backspin
  
3. a firm, smooth, flexible connective tissue that covers the end of bones where they form joints
  - a. articular cartilage
  - b. acceleration
  - c. angular momentum
  - d. capillaries
  
4. the quantity of angular motion in a body or part of a body
  - a. agility
  - b. angular momentum
  - c. capillaries
  - d. anaerobic
  
5. the smallest of all blood vessels; the function to exchange oxygen and nutrients for waste
  - a. agility
  - b. capillaries
  - c. balance
  - d. arteries
  
6. a science concerned with forces and the effect of these forces on and within the human body
  - a. balance
  - b. arteries
  - c. bone marrow
  - d. biomechanics

7. with oxygen'
  - a. anaerobic
  - b. arteries
  - c. agility
  - d. aerobic
  
8. the percentage of fat as opposed to lead body mass in a human being
  - a. backspin
  - b. bone marrow
  - c. adaptation
  - d. body composition
  
9. the ability to move the body from one position and direction to another with speed and precision
  - a. backspin
  - b. agility
  - c. aerobic
  - d. arteries
  
10. the upward force on an object produced by the fluid in which it is fully or partially submerged
  - a. bone marrow
  - b. applied forces
  - c. balance
  - d. buoyant force
  
11. a soft, fatty vascular tissue in which blood cells are made, located in the interior cavities of bones
  - a. buoyant force
  - b. bone marrow
  - c. biomechanics
  - d. anaerobic
  
12. the spongy or porous inner structure of bone that often contains and protects bone marrow
  - a. cancellous bone
  - b. acceleration
  - c. anaerobic
  - d. aerobic

13. an imaginary area that surrounds the outside edge of the body when it is in contact with a surface
  - a. base of support
  - b. cardiac output
  - c. blood glucose
  - d. backspin
  
14. blood sugar; it represents the immediate supply of fuel for the working muscles
  - a. buoyant force
  - b. bone marrow
  - c. biomechanics
  - d. blood glucose
  
15. a layer of fluid whose speed is reduced because it is attached to the surface of an object that is moving through it
  - a. balance
  - b. bone marrow
  - c. boundary layer
  - d. buoyant force
  
16. an average of all the specific densities of body components such as bones, teeth and lungs
  - a. angular momentum
  - b. average total body density
  - c. centre of buoyancy
  - d. centre of gravity
  
17. the amount of blood pumped by the heart per minute
  - a. backspin
  - b. base of support
  - c. adaptation
  - d. cardiac output
  
18. the rate at which velocity changes in a given amount of time
  - a. acceleration
  - b. adaptation
  - c. aerobic
  - d. anaerobic

19. the centre of gravity of a volume of water displaced by an object when it is immersed in that water
- cancellous bone
  - base of support
  - centre of gravity
  - centre of buoyancy
20. blood vessels that carry blood away from the heart
- arteries
  - anaerobic
  - capillaries
  - agility
21. an adjustment made by the body as a result of exposure to progressive increases in the intensity of training
- backspin
  - arteries
  - adaptation
  - acceleration
22. the point at which all the weight is evenly distributed and about which the object is balanced
- centre of buoyancy
  - centre of gravity
  - aerobic
  - base of support
23. the ability of the working muscles to take up and use the oxygen that has been breathed in during exercise and transferred to muscle cells
- cardiorespiratory endurance
  - centre of buoyancy
  - articular cartilage
  - cardiac output
24. in the absence of oxygen'
- aerobic
  - anaerobic
  - backspin
  - arteries

25. the ability to maintain equilibrium while either stationary or moving
- a. backspin
  - b. balance
  - c. arteries
  - d. agility