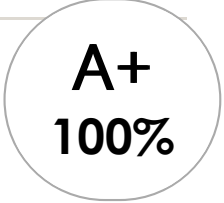


24 Multiple choice questions



A+
100%

1. the amount of blood ejected by the left ventricle of the heart during a contraction; it is measured in ml
 - a. wake
 - b. **CORRECT: stroke volume**
 - c. steady state
 - d. short bones

2. displacement divided by time
 - a. veins
 - b. ventilation
 - c. **CORRECT: velocity**
 - d. topspin

3. the distance covered divided by the time taken to cover the distance
 - a. **CORRECT: speed**
 - b. veins
 - c. sidespin
 - d. wake

4. a thin film of the fluid medium sticking to the surface area of the body or object through which it is moving
 - a. **CORRECT: surface drag or skin friction**
 - b. respiration
 - c. systemic circulation
 - d. reaction time

5. our depth and rate of breathing, expressed in breaths per minute
 - a. respiration
 - b. **CORRECT: ventilation**
 - c. veins
 - d. velocity

6. an instrument used to measure blood pressure
 - a. short bones
 - b. **CORRECT: sphygmomanometer**
 - c. speed
 - d. stroke volume

7. a joint that permits limited movement; examples of this joint exist in the vertebral column, where fibrous cartilage between discs allows a limited range of movement
 - a. **CORRECT: slightly movable or cartilaginous joint**
 - b. pulmonary circulation
 - c. target heart rate zone
 - d. systemic circulation

8. occurs when a ball or object rotates forward on its horizontal axis causing it to drop sharply
 - a. speed
 - b. sidespin
 - c. veins
 - d. **CORRECT: topspin**

9. a period of time during which oxygen uptake remains at a uniform level e.g. swimming at a constant speed
 - a. speed
 - b. stroke volume
 - c. **CORRECT: steady state**
 - d. sidespin

10. an area surrounding the target heart rate calculated using percentages of maximal heart rate
 - a. **CORRECT: target heart rate zone**
 - b. steady state
 - c. respiration
 - d. ventilation

11. an area of turbulence behind an object moving through a fluid
 - a. **CORRECT: wake**
 - b. topspin
 - c. speed
 - d. veins

12. the highest (peak) pressure recorded when blood is forced into the arteries during contraction of the left ventricle (systole)
 - a. systemic circulation
 - b. steady state
 - c. **CORRECT: systolic pressure**
 - d. specific density

13. rotation around a vertical axis causing a ball or object to curve left or right during flight
 - a. veins
 - b. **CORRECT: sidespin**
 - c. topspin
 - d. speed

14. the time taken to respond to a stimulus
 - a. ventilation
 - b. respiration
 - c. reaction forces
 - d. **CORRECT: reaction time**

15. the ability to perform body movements quickly
 - a. **CORRECT: speed (fitness)**
 - b. speed
 - c. steady state
 - d. short bones

16. the process by which the body takes in oxygen and removes carbon dioxide
- topspin
 - CORRECT: respiration**
 - sidespin
 - ventilation
17. the density of a particular tissue type such as bone or lung tissue
- CORRECT: specific density**
 - velocity
 - sidespin
 - systolic pressure
18. carry deoxygenated blood from the body tissues back to the right atrium; pulmonary veins from the lungs differ in that they carry oxygenated blood to the left atrium
- velocity
 - CORRECT: veins**
 - wake
 - speed
19. equal and opposite forces exerted in response to applied forces
- respiration
 - CORRECT: reaction forces**
 - short bones
 - reaction time
20. the ability of muscles groups to contract at speed
- short bones
 - reaction time
 - CORRECT: power (biomechanics)**
 - speed (fitness)

21. the flow of blood from the heart to body tissue and back to the heart
- respiration
 - CORRECT: systemic circulation**
 - pulmonary circulation
 - systolic pressure
22. bones that have a short axis and are found in small spaces e.g. a wrist; they serve to transfer forces
- CORRECT: short bones**
 - veins
 - topspin
 - respiration
23. the flow of blood from the heart to the lungs and back to the heart
- CORRECT: pulmonary circulation**
 - ventilation
 - respiration
 - systemic circulation
24. drag created by the shape and size of a body or object
- ventilation
 - sidespin
 - speed
 - CORRECT: profile drag**