

25 Multiple choice questions

1. to maintain a stationary position on the surface of the water
 - a. drag
 - b. float
 - c. FITT
 - d. density

2. requires participants to perform set exercises at a number of stations, working through the course in the shortest period of time
 - a. coordination
 - b. concentric
 - c. fluid mechanics
 - d. circuit training

3. a force directed away from the centre of a rotating body
 - a. eccentric
 - b. hydrogen ion
 - c. centrifugal force
 - d. centripetal force

4. bones that have a broad surface and serve as places of attachment for muscles and to protect vital organs
 - a. float
 - b. flexibility
 - c. heart rate
 - d. flat bones

5. the mass per unit volume of a body or object
 - a. float
 - b. density
 - c. FITT
 - d. drag

6. a branch of mechanics that is concerned with properties of gases and liquids
 - a. coordination
 - b. fluid mechanics
 - c. force (biomechanics)
 - d. flat bones

7. the force that opposes the forward motion of a body or object, reducing its speed or velocity
 - a. drag
 - b. density
 - c. float
 - d. FITT

8. a system that converts nutrients to energy for exercise
 - a. density
 - b. energy pathway
 - c. heart rate
 - d. flexibility

9. the movement of a body from one location to another in a particular direction, or an 'as the crow flies' measurement
 - a. expiration
 - b. density
 - c. displacement
 - d. FITT

10. the push or pull acting on a body
 - a. fluid mechanics
 - b. flexibility
 - c. force (biomechanics)
 - d. flat bones

11. a joint where no movement is possible e.g. this type of joint include the bones of the cranium, which are fused in lines called sutures
 - a. freely movable or synovial joint
 - b. coordination
 - c. immovable or fibrous joint
 - d. flexibility

12. an acronym for frequency, intensity, time and type; it embodies a fitness principle that ensures a program has the quantity and quality of movement necessary to produce the desired physical improvement
 - a. drag
 - b. FITT
 - c. density
 - d. float

13. a contraction that occurs when the muscle lengthens while under tension; the action often happens with the assistance of gravity
 - a. concentric
 - b. density
 - c. eccentric
 - d. expiration

14. the most common type of muscular contraction; during this contraction, the muscle shortens, causing movement at the joint
 - a. eccentric
 - b. coordination
 - c. density
 - d. concentric

15. a network that distributes blood containing oxygen and nutrients and collects wastes; it comprises the heart, arteries, blood and veins
 - a. insertion (of a muscle)
 - b. circuit training
 - c. circulatory or cardiovascular system
 - d. immovable or fibrous joint

16. a joint that allows maximum movement; most joints in the body are synovial joints e.g. the hip joint
 - a. hydrogen ion
 - b. immovable or fibrous joint
 - c. coordination
 - d. freely movable or synovial joint

17. air movement from the lungs to the atmosphere; breathing out
 - a. eccentric
 - b. FITT
 - c. coordination
 - d. expiration

18. the range of motion about a joint or the ease of joint movement
 - a. density
 - b. flexibility
 - c. flat bones
 - d. FITT

19. a hydrogen atom that has lost its electron, the concentration of which determines the pH of a solution
- density
 - coordination
 - hydrogen ion
 - drag
20. the ability to harmonise the messages from the senses (such as sight, feel and sound) with parts of the body to produce movements that are smooth, skillful and well controlled
- expiration
 - concentric
 - hydrogen ion
 - coordination
21. the point of attachment at the movable end; this end tends to be away from the body's main mass
- energy pathway
 - diastolic pressure
 - centripetal force
 - insertion (of a muscle)
22. the number of times the heart beats per minute (bpm)
- FITT
 - flat bones
 - heart rate
 - drag
23. a term given to modern lifestyle diseases associated with inactivity
- hydrogen ion
 - heart rate
 - centripetal force
 - hypokinetic disease
24. the minimum or lowest pressure recorded when the heart is relaxing and filling (diastole)
- displacement
 - circuit training
 - heart rate
 - diastolic pressure

25. a force directed towards the centre of a rotating body
- a. heart rate
 - b. eccentric
 - c. centripetal force
 - d. centrifugal force