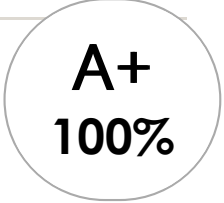


## 25 Multiple choice questions



A+  
100%

1. the amount of effort required at an individual to accrue a fitness benefit
  - a. motion
  - b. **CORRECT:** intensity
  - c. platelets
  - d. isometric
  
2. takes place when a body and all parts connected to it travel the same distance in the same direction and at the same speed
  - a. **CORRECT:** linear motion
  - b. linear momentum
  - c. motion
  - d. inspiration
  
3. the ability to combine strength and speed in an explosive action
  - a. **CORRECT:** muscular power
  - b. muscular strength
  - c. muscular endurance
  - d. muscular hypertrophy
  
4. the ability to exert force against a resistance in a single maximal effort
  - a. **CORRECT:** muscular strength
  - b. muscular power
  - c. muscular endurance
  - d. muscular hypertrophy
  
5. an increase in the size of the muscle resulting from an increase in the cross-sectional area of the individual muscle fibres
  - a. **CORRECT:** muscular hypertrophy
  - b. muscular endurance
  - c. muscular power
  - d. muscular strength

6. bones that are longer than they are wide and that function as levers
  - a. motion
  - b. origin
  - c. lactate
  - d. **CORRECT: long bones**
  
7. a streamlined flow of fluid with no evidence of turbulence between the layers
  - a. Medicare
  - b. **CORRECT: laminar flow**
  - c. lactate
  - d. linear motion
  
8. a point beyond which a given power output cannot be maintained; it is characterised by lactic acid accumulation and decreased time to fatigue
  - a. line of gravity
  - b. lactate
  - c. linear motion
  - d. **CORRECT: lactate inflexion point (LIP)**
  
9. fragments of cells found in blood that are responsible for clotting
  - a. lift
  - b. plasma
  - c. **CORRECT: platelets**
  - d. lactate
  
10. a muscle's point of attachment to the more stationary bone; in most cases, this point is nearer the trunk
  - a. lift
  - b. motion
  - c. mass
  - d. **CORRECT: origin**

11. an imaginary vertical line passing through the centre of gravity and extending to the ground
  - a. **CORRECT: line of gravity**
  - b. intensity
  - c. inspiration
  - d. linear motion
  
12. a property of a body that is moving; it is equal to (or a product of) its mass x velocity
  - a. **CORRECT: linear momentum**
  - b. linear motion
  - c. long bones
  - d. line of gravity
  
13. the ability of the muscles to endure physical work for extended periods of time without undue fatigue
  - a. **CORRECT: muscular endurance**
  - b. muscular strength
  - c. muscular hypertrophy
  - d. muscular power
  
14. the amount of matter in a body
  - a. **CORRECT: mass**
  - b. plasma
  - c. lift
  - d. motion
  
15. air movement from the atmosphere into the lungs; breathing in
  - a. linear motion
  - b. muscle action
  - c. **CORRECT: inspiration**
  - d. motion

16. muscular contractions where tension is created in the muscle, but its length remains the same; e.g. trying to lift a weight that is too heavy to be moved
- intensity
  - isometric
  - Medicare
  - CORRECT: isometric exercises**
17. the movement of a body from one position to another
- origin
  - lift
  - CORRECT: motion**
  - mass
18. the quantity of motion that a body possesses
- motion
  - CORRECT: momentum (biomechanics)**
  - long bones
  - isometric exercises
19. describes a contraction that occurs when the muscle fibres are activated and develop force, but the muscle length does not change; that is, movement does not occur
- origin
  - CORRECT: isometric**
  - intensity
  - motion
20. Australia's government-funded health scheme that subsidises the cost of medical services for all Australians
- mass
  - CORRECT: Medicare**
  - lactate
  - motion

21. the component of a force that acts at right angles to the drag
- origin
  - mass
  - CORRECT: lift**
  - motion
22. a straw-coloured liquid mainly consisting of water (about 90%)
- CORRECT: plasma**
  - lactate
  - mass
  - lift
23. a salt formed from lactic acid that accumulates during intense anaerobic activity
- motion
  - lift
  - plasma
  - CORRECT: lactate**
24. explains why spinning objects such as cricket and golf balls deviate from their normal flight paths
- laminar flow
  - mass
  - CORRECT: Magnus effect**
  - long bones
25. refers to movement made at the joint when the muscle contracts
- motion
  - linear motion
  - inspiration
  - CORRECT: muscle action**