

## 24 Multiple choice questions

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1. the amount of blood ejected by the left ventricle of the heart during a contraction; it is measured in mL/beat
  - a. wake
  - b. stroke volume
  - c. steady state
  - d. short bones
  
2. displacement divided by time
  - a. veins
  - b. ventilation
  - c. velocity
  - d. topspin
  
3. the distance covered divided by the time taken to cover the distance
  - a. 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. 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. ventilation
  - c. veins
  - d. velocity
  
6. an instrument used to measure blood pressure
  - a. short bones
  - b. 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. 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. 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. steady state
  - d. sidespin
  
10. an area surrounding the target heart rate calculated using percentages of maximal heart rate
  - a. target heart rate zone
  - b. steady state
  - c. respiration
  - d. ventilation
  
11. an area of turbulence behind an object moving through a fluid
  - a. 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. 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. sidespin
  - c. topspin
  - d. speed
  
14. the time taken to respond to a stimulus
  - a. ventilation
  - b. respiration
  - c. reaction forces
  - d. reaction time
  
15. the ability to perform body movements quickly
  - a. speed (fitness)
  - b. speed
  - c. steady state
  - d. short bones
  
16. the process by which the body takes in oxygen and removes carbon dioxide
  - a. topspin
  - b. respiration
  - c. sidespin
  - d. ventilation
  
17. the density of a particular tissue type such as bone or lung tissue
  - a. specific density
  - b. velocity
  - c. sidespin
  - d. 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
  - a. velocity
  - b. veins
  - c. wake
  - d. speed

19. equal and opposite forces exerted in response to applied forces
  - a. respiration
  - b. reaction forces
  - c. short bones
  - d. reaction time
  
20. the ability of muscles groups to contract at speed
  - a. short bones
  - b. reaction time
  - c. power (biomechanics)
  - d. speed (fitness)
  
21. the flow of blood from the heart to body tissue and back to the heart
  - a. respiration
  - b. systemic circulation
  - c. pulmonary circulation
  - d. systolic pressure
  
22. bones that have a short axis and are found in small spaces e.g. a wrist; they serve to transfer forces
  - a. short bones
  - b. veins
  - c. topspin
  - d. respiration
  
23. the flow of blood from the heart to the lungs and back to the heart
  - a. pulmonary circulation
  - b. ventilation
  - c. respiration
  - d. systemic circulation
  
24. drag created by the shape and size of a body or object
  - a. ventilation
  - b. sidespin
  - c. speed
  - d. profile drag