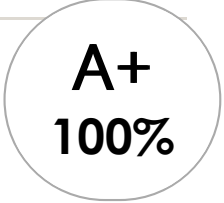


## 25 Multiple choice questions



**A+**  
**100%**

1. forces generated by muscles working on joints
  - a. buoyant force
  - b. arteries
  - c. capillaries
  - d. **CORRECT: 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. **CORRECT: backspin**
  
3. a firm, smooth, flexible connective tissue that covers the end of bones where they form joints
  - a. **CORRECT: 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. **CORRECT: 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. **CORRECT: 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. **CORRECT: biomechanics**
  
7. with oxygen'
  - a. anaerobic
  - b. arteries
  - c. agility
  - d. **CORRECT: aerobic**
  
8. the percentage of fat as opposed to lead body mass in a human being
  - a. backspin
  - b. bone marrow
  - c. adaptation
  - d. **CORRECT: body composition**
  
9. the ability to move the body from one position and direction to another with speed and precision
  - a. backspin
  - b. **CORRECT: 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. **CORRECT: 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. **CORRECT: bone marrow**
  - c. biomechanics
  - d. anaerobic

12. the spongy or porous inner structure of bone that often contains and protects bone marrow
- CORRECT: cancellous bone**
  - acceleration
  - anaerobic
  - aerobic
13. an imaginary area that surrounds the outside edge of the body when it is in contact with a surface
- CORRECT: base of support**
  - cardiac output
  - blood glucose
  - backspin
14. blood sugar; it represents the immediate supply of fuel for the working muscles
- buoyant force
  - bone marrow
  - biomechanics
  - CORRECT: 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
- balance
  - bone marrow
  - CORRECT: boundary layer**
  - buoyant force
16. an average of all the specific densities of body components such as bones, teeth and lungs
- angular momentum
  - CORRECT: average total body density**
  - centre of buoyancy
  - centre of gravity
17. the amount of blood pumped by the heart per minute
- backspin
  - base of support
  - adaptation
  - CORRECT: cardiac output**

18. the rate at which velocity changes in a given amount of time
- CORRECT: acceleration**
  - adaptation
  - aerobic
  - 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
  - CORRECT: centre of buoyancy**
20. blood vessels that carry blood away from the heart
- CORRECT: 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
  - CORRECT: adaptation**
  - acceleration
22. the point at which all the weight is evenly distributed and about which the object is balanced
- centre of buoyancy
  - CORRECT: 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
- CORRECT: cardiorespiratory endurance**
  - centre of buoyancy
  - articular cartilage
  - cardiac output
24. in the absence of oxygen'
- aerobic
  - CORRECT: anaerobic**
  - backspin
  - arteries
25. the ability to maintain equilibrium while either stationary or moving
- backspin
  - CORRECT: balance**
  - arteries
  - agility