

HS OCPE 5th 6 Weeks Health Topic Exam

Multiple Choice:

Identify the letter of the choice that best completes the statement or answers the question.

- _____ 1. The person standing near you supervising when you lift weights, in case you have a problem completing a repetition, is called the _____.
- | | |
|------------------------|------------|
| A. barbell assistant | C. trainer |
| B. weight clip monitor | D. spotter |
- _____ 2. All of the following are common side effects of anabolic steroid use **except** _____.
- | | |
|----------------------------------|----------------|
| A. premature balding | C. mood swings |
| B. improved athletic performance | D. hair loss |
- _____ 3. The maximum force you are able to exert in relation to your body weight is called _____.
- | | |
|-------------------------------|-------------------------------|
| A. absolute muscular strength | C. flexibility |
| B. muscular endurance | D. relative muscular strength |
- _____ 4. The FITT principle is a good tool for monitoring your workouts. The letter "F" in the FITT principle stands for _____.
- | | |
|-------------|--------------|
| A. favorite | C. factor |
| B. formally | D. frequency |
- _____ 5. Artificially produced hormones that are the same or similar to the male-type sex hormone found in the body that stimulates muscles to "bulk up" in response to training is called a(n) _____.
- | | |
|----------------------|---------------------|
| A. sports supplement | C. anabolic steroid |
| B. e-cigarette | D. energy drink |
- _____ 6. A product used to enhance athletic performance, including vitamins, minerals, amino acids, herbs or botanicals, and banned by several sports organizations is called a(n) _____.
- | | |
|----------------------|-----------------|
| A. sports supplement | C. e-cigarette |
| B. anabolic steroid | D. energy drink |
- _____ 7. The collection of chemical reactions that takes place in the body's cells and converts the _____ food we eat into fuel is called _____.
- | | |
|----------------|---------------|
| A. consumerism | C. organism |
| B. activism | D. metabolism |
- _____ 8. The weight training principle that states that in order to improve your fitness, you must increase the amount of regular activity or exercise is called the _____ principle.
- | | |
|-----------------|----------------|
| A. overtraining | C. specificity |
| B. overload | D. recovery |
- _____ 9. All of the following are basic weight lifting safety guidelines **except**: _____.
- | | |
|---|--|
| A. use your back to lift heavier weight because it is stronger than your arms | C. allow time between sessions for muscles to repair |
| B. practice all lifts with supervision | D. warm up before each session |

NAME _____ DATE _____

- _____ 10. The maximum force you are able to exert regardless of size, age or weight is called _____.
- A. muscular endurance C. flexibility
B. relative muscular strength D. absolute muscular strength
- _____ 11. An injury to the muscle, where it is torn or overstretched, is called a _____.
- A. flexibility C. strain
B. hypertrophy D. sprain
- _____ 12. One completion of an activity or exercise is called a _____.
- A. match C. set
B. game D. repetition
- _____ 13. A group of consecutive completions of an exercise or activity is called a _____.
- A. game C. match
B. set D. repetition
- _____ 14. How many muscles do you have in your body?
- A. over 600 C. 500
B. 250 D. over 10,000
- _____ 15. How do muscles help your body to move?
- A. they move by a fast twitch motion C. they pull on tendons connected to the bones
B. they pull on ligaments connected to the bones D. they move through an involuntary motion