



About Physiology Test Multiple Choice

Question 1

There is no gain without pain!

- (A) True
- (B) False

Question 2

Which of the following is true of resistance training?

- (A) it is essential to cardio-vascular fitness
- (B) it improves muscle strength only
- (C) it improves muscle size only
- (D) it overloads the muscle, damaging cells which the body instinctively repairs in a stronger and/or more robust form

Question 3

Describe aerobic exercise:

- (A) the process the body uses to produce sustained work
- (B) the training intensity at which your body uses oxygen to burn fuel
- (C) it is designed to increase muscle strength and size

Question 4

Which are two of the characteristics of lactate build-up:

- (A) muscle soreness and lack of breath
- (B) muscle soreness and fatigue
- (C) muscle soreness and increased power output

Question 5

Which is the primary muscle group used in the rowing stroke?

- (A) Arms
- (B) Back
- (C) Legs

Question 6

Why is rowing described as an exercise that works on full body fitness?

- (A) because it uses mainly the arm muscles as well as the legs muscles
- (B) because when rowing you become tired more easily
- (C) It uses the largest number of muscle groups sequentially and in proportion to their size.

Question 7

Which MAJOR muscles are used during the rowing stroke:

- (A) Quadriceps and Erector Spinae muscles
- (B) Hamstring and Achilles muscles
- (C) Trapezius and Erector Spinae muscles

Question 8

What are two muscle characteristics of rowers:

- (A) Strong Legs and arms
- (B) A high percentage of slow twitch muscle fibres, and muscle mitochondria
- (C) High density of capillaries and a high percentage of fast twitch muscle fibers

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Question 9

Which is the more accurate way to measure how intensively a rower is working?

- (A) Strokes per minute
- (B) Heart rate
- (C) Distance travelled

Question 10

A highly trained competitive rower will generally have:

- (A) a high ventilation rate
- (B) a high heart rate
- (C) a low ventilation rate

Question 11

What type of exercise is recommended for fat burning?

- (A) long low intensity aerobic training with some high intensity anaerobic training
- (B) high intensity anaerobic training
- (C) pyramid training

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