

15 Multiple choice questions

1. a change in form or structure to suit new conditions or a new environment
 - a. adaptation
 - b. cool down
 - c. flexibility
 - d. diuretics
2. repeated movements such as punching and bouncing to gain extra stretch; it should be practiced only by elite athletes, and with care
 - a. eccentric contractions
 - b. isometric training
 - c. explosive strength
 - d. ballistic stretching
3. the ability to perform extensive muscular movements causing joints to go through a full range of motion
 - a. isometric training
 - b. dynamic flexibility
 - c. diuretics
 - d. flexibility
4. long term planning periods or overviews
 - a. diuretics
 - b. adaptation
 - c. cool down
 - d. macrocycles
5. functions to enable energy production during the absence of oxygen
 - a. anaerobic system
 - b. flexibility
 - c. macrocycles
 - d. diuretics
6. during this sort of training muscles develop tension but do not change in length
 - a. concentric contractions
 - b. eccentric contractions
 - c. isotonic movements
 - d. isometric training

7. occur when a muscle shortens, causing movement at a joint
 - a. eccentric contractions
 - b. ballistic stretching
 - c. concentric contractions
 - d. isometric training
8. movements characterised by muscle shortening and lengthening against resistance
 - a. explosive strength
 - b. cool down
 - c. isometric training
 - d. isotonic movements
9. naturally occurring substance that increases the rate at which amino acids are transported to skeletal muscle cells
 - a. human growth hormone
 - b. anaerobic system
 - c. adaptation
 - d. macrocycles
10. occur when the muscle lengthens while under tension; the action often happens with the assistance of gravity
 - a. eccentric contractions
 - b. concentric contractions
 - c. ballistic stretching
 - d. isometric training
11. a natural hormone that stimulates red blood cell production
 - a. erythropoietin (EPO)
 - b. anaerobic system
 - c. adaptation
 - d. diuretics
12. the ability to extend the 'turned on' period of explosiveness
 - a. isotonic movements
 - b. ballistic stretching
 - c. explosive strength
 - d. anaerobic system

13. the period of time following physical activity where the body temperature, circulation and respiratory rates are returned to their pre-exercise state
- a. diuretics
 - b. adaptation
 - c. macrocycles
 - d. cool down
14. the range through which joints and body parts are able to move
- a. flexibility
 - b. diuretics
 - c. adaptation
 - d. dynamic flexibility
15. drugs that increase the amount of fluid (water and urine) passing from the body
- a. cool down
 - b. diuretics
 - c. adaptation
 - d. macrocycles