Quizlet NAME _____

25 Multiple choice questions

1. the amount of effort required at an individual to accrue a fitness benefit
    a. motion
    b. intensity
    c. platelets
    d. isometric

2. takes place when a body and all parts connected to it travel the same distance in the same direction and at the same speed
    a. linear motion
    b. linear momentum
    c. motion
    d. inspiration

3. the ability to combine strength and speed in an explosive action
    a. muscular power
    b. muscular strength
    c. muscular endurance
    d. muscular hypertrophy

4. the ability to exert force against a resistance in a single maximal effort
    a. muscular strength
    b. muscular power
    c. muscular endurance
    d. muscular hypertrophy

5. an increase in the size of the muscle resulting from an increase in the cross-sectional area of the individual muscle fibres
    a. muscular hypertrophy
    b. muscular endurance
    c. muscular power
    d. muscular strength

6. bones that are longer than they are wide and that function as levers
    a. motion
    b. origin
    c. lactate
    d. long bones

7. a streamlined flow of fluid with no evidence of turbulence between the layers
    a. Medicare
    b. laminar flow
    c. lactate
    d. linear motion

8. a point beyond which a given power output cannot be maintained; it is characterised by lactic acid accumulation and decreased time to fatigue
    a. line of gravity
    b. lactate
    c. linear motion
    d. lactate inflexion point (LIP)

9. fragments of cells found in blood that are responsible for clotting
    a. lift
    b. plasma
    c. platelets
    d. lactate

10. a muscle's point of attachment to the more stationary bone; in most cases, this point is nearer the trunk
    a. lift
    b. motion
    c. mass
    d. origin

11. an imaginary vertical line passing through the centre of gravity and extending to the ground
    a. line of gravity
    b. intensity
    c. inspiration
    d. linear motion

12. a property of a body that is moving; it is equal to (or a product of) its mass x velocity
    a. linear momentum
    b. linear motion
    c. long bones
    d. line of gravity

13. the ability of the muscles to endure physical work for extended periods of time without undue fatigue
    a. muscular endurance
    b. muscular strength
    c. muscular hypertrophy
    d. muscular power

14. the amount of matter in a body
    a. mass
    b. plasma
    c. lift
    d. motion

15. air movement from the atmosphere into the lungs; breathing in
    a. linear motion
    b. muscle action
    c. inspiration
    d. motion

16. muscular contractions where tension is created in the muscle, but its length remains the same; e.g. trying to lift a weight that is too heavy to be moved
    a. intensity
    b. isometric
    c. Medicare
    d. isometric exercises

17. the movement of a body from one position to another
    a. origin
    b. lift
    c. motion
    d. mass

18. the quantity of motion that a body possesses
    a. motion
    b. momentum (biomechanics)
    c. long bones
    d. isometric exercises

19. describes a contraction that occurs when the muscle fibres are activated and develop force, but the muscle length does not change; that is, movement does not occur
    a. origin
    b. isometric
    c. intensity
    d. motion

20. Australia's government-funded health scheme that subsidises the cost of medical services for all Australians
    a. mass
    b. Medicare
    c. lactate
    d. motion

21. the component of a force that acts at right angles to the drag
    a. origin
    b. mass
    c. lift
    d. motion

22. a straw-coloured liquid mainly consisting of water (about 90%)
    a. plasma
    b. lactate
    c. mass
    d. lift

23. a salt formed from lactic acid that accumulates during intense anaerobic activity
    a. motion
    b. lift
    c. plasma
    d. lactate

24. explains why spinning objects such as cricket and golf balls deviate from their normal flight paths
    a. laminar flow
    b. mass
    c. Magnus effect
    d. long bones

25. refers to movement made at the joint when the muscle contracts
    a. motion
    b. linear motion
    c. inspiration
    d. muscle action