

# Physical Education Studies Year 12 General

## CHAPTER 5: Exercise Physiology

NEXT

## Welcome to the quiz for Chapter 5

- You will be given 27 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?

## Question 1

Which energy system is used for short bursts of activity – up to 10 seconds?

- A. Aerobic system
- B. ATP-CP system
- C. Lactic acid system
- D. PC system



# TRY AGAIN...

[BACK TO QUESTION](#)

The background of the slide is a photograph of several athletes in their starting blocks at the beginning of a race. The image is semi-transparent and has a reddish-pink tint. The athletes are wearing white singlets with their country names and bib numbers. Visible text includes 'USA 11' on the left, 'AUS 15' in the center, and 'ABU 11' on the right. The central text 'THAT'S CORRECT!' is overlaid in large, white, bold, sans-serif font with a thin black outline.

**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 2

Which energy system is used to complete a 400 m sprint?

- A. Aerobic system
- B. ATP-CP system
- C. Lactic acid system
- D. PC system



# TRY AGAIN...

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**NEXT QUESTION** 



### Question 3

Which energy system has the greatest capacity for ATP production?

- A. Aerobic system
- B. ATP-CP system
- C. Lactic acid system
- D. PC system



# TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 4

Which of the following tests would you use to measure anaerobic capacity?

- A. 20 metre shuttle run
- B. Do as many sit-ups as you can in 30 seconds
- C. Run as far as you can at a jogging pace
- D. Run as far as you can at a near-maximal pace



# TRY AGAIN...

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# THAT'S CORRECT!

**NEXT QUESTION** 

## Question 5

What is  $\text{VO}_2$  max?

- A. The energy used during the oxygen deficit period
- B. An individual's capacity for aerobic ATP production
- C. A steady state of oxygen consumption
- D. The volume of oxygen consumed when sprinting



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[BACK TO QUESTION](#)



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**NEXT QUESTION** 

## Question 6

Which of the following tests would you use to measure aerobic capacity?

- A. 20 metre shuttle run
- B. Do as many sit-ups as you can in 30 seconds
- C. Run as far as you can at a jogging pace
- D. Run as far as you can at a near-maximal pace



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**NEXT QUESTION** 

## Question 7

What is oxygen debt?

- A. The amount of oxygen consumed during the recovery period
- B. The amount of oxygen owed to the muscles by the ATP-PC system
- C. The oxygen consumption difference between anaerobic and aerobic exercise
- D. The amount of oxygen consumed by the aerobic energy system



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**NEXT QUESTION**

## Question 8

Which of the following best describes the situation where your energy intake is greater than your energy expenditure?

- A. Energy balance
- B. Negative energy balance
- C. Positive energy balance
- D. Energy imbalance





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**NEXT QUESTION** 

## Question 9

Which of the following best describes basal metabolic rate?

- A. The rate at which energy intake is converted into fuel
- B. The rate at which energy consumed is used by the body
- C. The energy expended by the body on a daily basis
- D. The energy expended by the body to maintain essential functions



# TRY AGAIN...

[BACK TO QUESTION](#)

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**NEXT QUESTION** 

## Question 10

Which of the following is NOT a training principle?

- A. Specificity
- B. Progressive overload
- C. Reversibility
- D. Maximum output



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**NEXT QUESTION** 



## Question 11

Which of the following is NOT a factor in achieving progressive overload?

- A. Duration
- B. Intensity
- C. Specificity
- D. Frequency



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**NEXT QUESTION** 

## Question 12

Training at which of the following heart rates will result in fitness improvement?

- A. Target heart rate
- B. Maximum heart rate
- C.  $VO_2$  max
- D. Resting heart rate



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**NEXT QUESTION** 

### Question 13

Which of the following fitness components would you be least likely to be included in the fitness profile of a netball 'centre'?

- A. Cardiorespiratory endurance
- B. Power
- C. Speed
- D. Flexibility



# TRY AGAIN...

[BACK TO QUESTION](#)



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# THAT'S CORRECT!

**NEXT QUESTION** 

## Question 14

Which of the following fitness components would you be least likely to be included in the fitness profile of a golfer?

- A. Cardiorespiratory endurance
- B. Agility
- C. Power
- D. Strength



# TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 15

Which of the following training methods would you use to improve speed?

- A. Continuous training
- B. Resistance training
- C. Dynamic stretching
- D. Interval training



# TRY AGAIN...

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# THAT'S CORRECT!

**NEXT QUESTION** 

## Question 16

Which of the following training methods would you use to improve muscular endurance?

- A. Continuous training
- B. Fartlek training
- C. Dynamic stretching
- D. Interval training





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# THAT'S CORRECT!

**NEXT QUESTION** 

### Question 17

Plyometrics is a specialised form of training for which of the following fitness components?

- A. Balance
- B. Flexibility
- C. Power
- D. Cardiorespiratory endurance



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# THAT'S CORRECT!

**NEXT QUESTION** 

## Question 18

DRSABCD should be applied in which of the following cases?

- A. The athlete has sprained her ankle
- B. The athlete has experienced a blow to the head but is conscious
- C. The athlete is unconscious
- D. The athlete has a broken arm



# TRY AGAIN...

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# THAT'S CORRECT!

**NEXT QUESTION** 



## Question 19

The 'C' in DRSABCD stands for which of the following?

- A. Conscious
- B. Compression
- C. Care
- D. Casualty



# TRY AGAIN...

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**NEXT QUESTION** 

## Question 20

The STOP procedure should be applied in which of the following situations?

- A. The player is conscious
- B. The player is unconscious
- C. The player has been playing injured for a few weeks
- D. The present injury treatment on the player has not been working



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**NEXT QUESTION** 

## Question 21

TOTAPS is the procedure used to assess which of the following conditions?

- A. Consciousness
- B. Fractures
- C. Absence of breathing
- D. Sprains



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**NEXT QUESTION** 

## Question 22

Which of the following regimes should be applied within the first 48 hours to treat a soft tissue injury?

- A. STOP
- B. DRSABCD
- C. RICER
- D. HARM



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**NEXT QUESTION** 

### Question 23

In managing a corking injury, it is important to avoid which of the following factors ?

- A. RICER
- B. HARM
- C. STOP
- D. SCAMP



# TRY AGAIN...

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**NEXT QUESTION** 

## Question 24

The immediate care of a sports injury refers to which of the following time periods?

- A. Within the first hour
- B. Within the first 24 hours
- C. Within the first 12 hours
- D. Within the first 48 hours





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**NEXT QUESTION** 

### Question 25

The rehabilitation process aims to achieve goals in which of the following sequences?

- A. Range of motion, endurance, strength, skill
- B. Strength, endurance, range of motion, skill
- C. Endurance, range of motion, strength, skill
- D. Range of motion, skill, strength, endurance



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**NEXT QUESTION** 

## Question 26

What is the purpose of electrical stimulation in the treatment of a sports injury?

- A. To train the brain not to feel pain in the affected area
- B. To relax the affected muscle in order to allow it to heal
- C. To strengthen the affected muscle by causing it to contract
- D. To heighten the nerve response in the injured area



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# THAT'S CORRECT!

**NEXT QUESTION** 



### Question 27

Which of the following is NOT an effect of sports massage?

- A. Reduction of blood circulation
- B. Relief of swelling
- C. Reduction in muscle tension
- D. Promotion of flexibility



# TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S  
CORRECT!**

**NEXT**



**CONGRATULATIONS!**  
**YOU HAVE COMPLETED**  
**THE CHAPTER 5 QUIZ**