**Revision Questions**

1. Which of the following statements best describes a mental benefit of exercise?

A Meeting new people

B Losing weight

C Relieving stress

D Gaining aesthetic appreciation

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2. Why is it important for an individual to have an active lifestyle?

A Improves health

B Helps the government develop National sporting heroes

C Reduces the number of days people have away from work

D Reduces the amount of street crime

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3. Fitness is:

A a capability of the heart, blood vessels, lungs and muscles to function at optimal efficiency

B the ability to meet the demands of the environment

C training regularly

D a state of complete mental, physical and social well-being, and not merely the absence of disease and infirmity

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4. Which of the following statements is essential in the planning of an overload training session?

A Making the body work harder to improve it

B Making the body work too hard resulting in injury

C Reducing the amount of work in order to avoid injury

D Resting the body after a particularly vigorous training session

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5. Which of the following terms describes the ideal body type for an elite 5000m runner?

A Somatotype

B Ectomorph

C Obese

D Endomorph

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6. Which of the following statements is an example of balanced competition?

A A timed event to see which athlete can balance for the longest

B A gymnastic competition

C A competition where opponents play people of the same age

D A competition involving static and dynamic balance

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7. Which of the following statements is correct for all arteries?

A Take blood away from the heart

B Take blood towards the heart

C Carry oxygenated blood

D Carry deoxygenated blood

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8. Which of the following lead into the alveoli in the lungs?

A Pleural membrane

B Bronchi

C Septum

D Bronchiole

9. Which of the following statements best describes a function of ligaments?

A Provides movement for the joint

B Provides joint stability

C Provides a point of muscle attachment to bones

D Provides protection for the surface of the bone

Answers

1 C

2 A

3 B

4 A

5 B

6 C

7 A

8 D

9 B