

ACADEMIC LANGUAGE QUIZ

1

**A branch of science concerned with the bodily structure of humans and animals.**

- a. Physics
- b. Earth Science
- c. Anatomy
- d. Biomechanics

2

**A sport or fitness activity that a person can participate from childhood through adulthood.**

- a. Lifetime Activities
- b. Vigorous Activity
- c. High Impact Workouts
- d. HIIT

3

**A muscle whose contraction moves a part of the body. A prime mover.**

- a. Core
- b. Muscle Mover
- c. Antagonist
- d. Agonist

4

**Detailed examination of the elements or structure of something, typically for discussion.**

- a. Assessment
- b. Analysis
- c. Testing
- d. Observation

5

**Muscles which help to enable acts of endurance.**

- a. Slow-Twitch
- b. Medium-Twitch
- c. Fast-Twitch
- d. Slow-Fatigue

6

**A continuum of infinite possibilities for better or worse physical or mental health.**

- a. Personal Opinion
- b. Total Fitness
- c. Personal Fitness
- d. Health Literacy

7

**Physical exercise executed with a inwardly directed focus.**

- a. Mind-Body Exercise
- b. Meditation
- c. Mindfulness
- d. Mental Imagery

8

**A disease lasting 3 months or more.**

- a. Preventable
- b. Addiction
- c. Chronic Pain
- d. Chronic Disease