

ACADEMIC LANGUAGE QUIZ

A high degree of skill is called ____?

1

- a. Muscular Strength
- b. Physically Fit
- c. Practice
- d. Proficiency

The study of the mechanical laws relating to movement is called ____?

2

- a. Chemistry
- b. Biomechanics
- c. Biology
- d. Mechanics

A muscle contraction that permits the muscle to shorten is called ____?

3

- a. Tight
- b. Eccentric
- c. Concentric
- d. Extension

An increase in heart rate during a workout is what type of response?

4

- a. Exercise
- b. Psychological
- c. Metabolic
- d. Intensity

Which answer is NOT a plane of movement?

5

- a. Frontal
- b. Sagittal
- c. Midline
- d. Transverse

Characterized by constant change.

6

- a. Static
- b. Dynamic
- c. Environmental
- d. Motor Skill

The level of water supplied to the body is called ____?

7

- a. Hydrant
- b. Hydration
- c. Dehydration
- d. Formulation

Which nutrient is a major storage for of energy in the body?

8

- a. Protein
- b. Water
- c. Carbohydrate
- d. Fat