

Quiz Grade: 75.0% (A)

Quiz Submission

Exercise Science and Physical Fitness

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Total Questions: 10

Course Information

Course Title: Exercise Science and Physical Fitness
Course Code: SCESC 627
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

What is the primary energy system used during a 100-meter sprint?

Available Options:

(A) Aerobic system

(B) Anaerobic glycolysis ← **STUDENT SELECTED**

(C) Phosphagen system ← **CORRECT ANSWER**

(D) Oxidative phosphorylation

Student's Answer: Option B: Anaerobic glycolysis

Correct Answer: Option C: Phosphagen system

Question 2 of 10

Multiple Choice Question

Which of the following is NOT a component of physical fitness?

Available Options:

(A) Body composition

(B) Flexibility

(C) Dietary intake ← **STUDENT SELECTED** ← **CORRECT ANSWER**

(D) Muscular strength

Student's Answer: Option C: Dietary intake

Correct Answer: Option C: Dietary intake

Question 3 of 10

Multiple Choice Question

Which principle of training involves gradually increasing the intensity of your workout to continue improving fitness levels?

Available Options:

(A) Specificity

(B) Progressive overload ← STUDENT SELECTED ← CORRECT ANSWER

(C) Reversibility

(D) Variety

Student's Answer: Option B: Progressive overload

Correct Answer: Option B: Progressive overload

Question 4 of 10

Multiple Choice Question

What is the main function of the cardiovascular system during exercise?

Available Options:

(A) To increase bone density

(B) To deliver oxygen and nutrients to tissues ← STUDENT SELECTED ← CORRECT ANSWER

(C) To produce sweat for cooling

(D) To store energy

Student's Answer: Option B: To deliver oxygen and nutrients to tissues

Correct Answer: Option B: To deliver oxygen and nutrients to tissues

Question 5 of 10

Multiple Choice Question

Which of the following best describes VO₂ max?

Available Options:

(A) The maximum volume of blood the heart can pump per minute

(B) The maximum amount of oxygen the body can utilize during intense exercise ← STUDENT SELECTED ← CORRECT ANSWER

(C) The maximum speed a person can achieve during a sprint

(D) The maximum heart rate achievable during exercise

Student's Answer: Option B: The maximum amount of oxygen the body can utilize during intense exercise

Correct Answer: Option B: The maximum amount of oxygen the body can utilize during intense exercise

Question 6 of 10

Multiple Choice Question

Which type of muscle fiber is most efficient for endurance activities?

Available Options:

(A) Type I ← STUDENT SELECTED ← CORRECT ANSWER

(B) Type IIa

(C) Type IIb

(D) Type III

Student's Answer: Option A: Type I

Correct Answer: Option A: Type I

Question 7 of 10

Multiple Choice Question

In the context of exercise science, what does the acronym FITT stand for?

Available Options:

(A) Frequency, Intensity, Time, Type ← STUDENT SELECTED ← CORRECT ANSWER

(B) Flexibility, Involvement, Technique, Training

(C) Focus, Intensity, Trial, Test

(D) Frequency, Interval, Timing, Total

Student's Answer: Option A: Frequency, Intensity, Time, Type

Correct Answer: Option A: Frequency, Intensity, Time, Type

Question 8 of 10

Text Answer Question

How does regular physical activity influence mental health?

Student's Answer:

When you participate in regular physical activities, it strengthens your mental health by lowering cortisol in your brain, the main stress hormone. This will reduce stress and anxiety. Regular exercise improves sleep, energy, and life expectancy, which will have an effect on your mood. Regular exercise strengthens cognitive function, such as memory retention and decision-making.

Correct Answer:

Regular physical activity can reduce symptoms of anxiety and depression, improve mood, and enhance mental well-being by releasing endorphins and promoting better sleep patterns.

Question 9 of 10

Text Answer Question

Describe the role of nutrition in exercise performance and recovery.

Student's Answer:

Carbohydrates are the main fuel for exercise, and the body stores them as glycogen. This gives the body optimal performance during physical activity. Recovery is when adaptations happen. The muscle breakdown and nutrient release strengthen the body.

Correct Answer:

Nutrition plays a crucial role in exercise performance and recovery by providing the necessary energy and nutrients to fuel activity and repair tissues. Carbohydrates replenish glycogen stores, proteins aid in muscle repair, and fats provide long-term energy. Proper hydration is also essential for optimal performance.

Question 10 of 10

Text Answer Question

Explain the concept of periodization in exercise training.

Student's Answer:

Periodization is the breaking down of training so that it can be easily managed, and the athlete gradually improves. The organization of training into planned phases by not repeating the same exercise every week. There is a General Preparation Phase (GPP), Specific Preparation Phase and Competition Phase.

Correct Answer:

Periodization is a training concept that involves systematically varying the intensity, volume, and type of exercise to optimize performance and recovery. It typically includes different phases such as preparation, competition, and transition, allowing athletes to peak for important events while minimizing the risk of overtraining.