

Quiz Grade: 61.1% (B)

Quiz Submission

Exercise Science and Physical Fitness

Student Name: Muzi Bongani Mabuza
Student ID: UM96485SP105707
Study Program: Sports Science
Quiz ID: a1b88b91-10f4-43f7-ba96-8b2bd69e0619
Submission Date: October 07, 2026 at 9:02 AM
Total Questions: 9

Course Information

Course Title: Exercise Science and Physical Fitness
Course Code: SCESC 427
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 9

Multiple Choice Question

What is the primary energy system used during high-intensity, short-duration activities like sprinting?

Available Options:

(A) Aerobic system

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

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

(D) Lipid oxidation

Student's Answer: Option B: Anaerobic system

Correct Answer: Option C: Phosphagen system

Question 2 of 9

Multiple Choice Question

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

Available Options:

(A) Cardiovascular endurance

(B) Body composition

(C) Flexibility

(D) Reaction time ← **STUDENT SELECTED** ← **CORRECT ANSWER**

Student's Answer: Option D: Reaction time

Correct Answer: Option D: Reaction time

Question 3 of 9

Multiple Choice Question

Which type of training focuses on improving the performance of specific movements through repetitive practice?

Available Options:

- (A) Strength training
- (B) Fartlek training

(C) Interval training ← STUDENT SELECTED

(D) Skill training ← CORRECT ANSWER

Student's Answer: Option C: Interval training

Correct Answer: Option D: Skill training

Question 4 of 9

Multiple Choice Question

What is the term for the ability of a muscle group to exert force repeatedly over time?

Available Options:

- (A) Muscular strength

(B) Muscular endurance ← STUDENT SELECTED ← CORRECT ANSWER

- (C) Flexibility
- (D) Power

Student's Answer: Option B: Muscular endurance

Correct Answer: Option B: Muscular endurance

Question 5 of 9

Multiple Choice Question

During which phase of exercise does the heart rate gradually decrease?

Available Options:

- (A) Warm-up
- (B) Conditioning

(C) Cool-down ← STUDENT SELECTED ← CORRECT ANSWER

- (D) Recovery

Student's Answer: Option C: Cool-down

Correct Answer: Option C: Cool-down

Question 6 of 9

Multiple Choice Question

What is the recommended amount of physical activity for adults according to the CDC?

Available Options:

(A) 30 minutes per week

(B) 150 minutes per week ← STUDENT SELECTED ← CORRECT ANSWER

(C) 300 minutes per week

(D) 60 minutes per day

Student's Answer: Option B: 150 minutes per week

Correct Answer: Option B: 150 minutes per week

Question 7 of 9

Text Answer Question

How does resistance training contribute to improvements in overall health?

Student's Answer:

Its gives strength and more ability to carry oneself around . It improves bone density and muscle mass, increase metabolism thus minimizing the rate of aging

Correct Answer:

Resistance training improves muscle strength, increases metabolic rate, enhances bone density, and contributes to better body composition.

Question 8 of 9

Text Answer Question

Explain the principle of overload and its significance in exercise training.

Student's Answer:

Its about exposing the body to high demands than what it can normally used with aim of forcing or to drive it to adapt in a systematic way though.

Correct Answer:

The principle of overload states that to improve fitness, one must progressively increase the demands on the body beyond its normal levels. This is significant as it promotes adaptation and improvement in strength, endurance, and overall physical fitness.

Question 9 of 9

Text Answer Question

What factors should be considered when designing a personalized exercise program?

Student's Answer:

the level of the athlete or person to be trained, the target and aim of training. the day or date of the competition in the event the one to be trained is a sport person who is competitive and is training with the aim to achieve a certain results in a competition.

Correct Answer:

Factors to consider include the individual's fitness level, goals, age, any pre-existing health conditions, preferences, and available resources and equipment.

