

## Quiz 7 / Answers

### Anaerobic Activity

1.) Exercise requires the body to dip into its stores of fuel, namely:

- Oxygen and sweat
- Glycogen and fat
- Lean mass and water
- Muscle and nervous system

2.) Exercise deficiency can lead to accelerated development of diseases associated with sedentary lifestyle (cardiovascular disease, obesity, intestinal disorders, apathy, insomnia, increased bone loss, etc) :

- True
- False

3.) Anaerobic metabolism refers to a series of chemical reactions in the body that:

- Do not require oxygen
- Do not require sunlight
- Do not require water
- Do not require glycogen

4.) ATP (adenosine triphosphate) is:

- Very limited in supply – about 30 seconds
- The most immediate source of chemical energy for muscular activity
- Useful in its rapid availability of energy
- All of the above

**5.) After the allocated supply of ATP is exhausted, the body must find another fuel source for muscular activity to continue. That fuel source is the:**

- Central Nervous System
- **Lactic Acid System**
- Digestive System
- Fuel Exhaust System

**6.) Anaerobic Glycolysis means:**

- The breakdown of fat without oxygen
- The breakdown of protein without oxygen
- **The breakdown of sugar without oxygen**
- The breakdown of lean mass without oxygen

**7.) When carbohydrate is only partially broken down, one of the end products is:**

- **Lactic Acid**
- Amino Acid
- Stomach Acid

**8.) High levels of Lactic Acid in the muscle and blood can result in:**

- A more powerful workout
- **Muscular fatigue and soreness**
- Better digestion
- Immediate increase in energy and stamina

9.) **Basketball, Tennis, Football, Volleyball and Alpine Skiing are Anaerobic:**

- True
- False

10.) **The two primary anaerobic fuel systems are:**

- The Central Nervous System and Body-Fat System
- The Amino Acid System and Muscle System
- **The ATP System and Lactic Acid System**
- None of the above