Chapter 7 Anaerobic Exercise

Based on information found in Chapter 7 of the Reference Manual

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

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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

11.) Any activity less than 30 seconds will rely heavily on:

- ❑ The ATP System
- ❑ The Lactic Acid System
- ❑ The Amino Acid System
- ❑ The Digestive System

12.) Any activity more than 30 seconds up to 3 minutes will rely on_____ to re-synthesize ATP:

- ❑ The ATP System
- ❑ The Lactic Acid System
- ❑ The Amino Acid System
- ❑ The Digestive System