
Exercise Physiology

Questions & Answers

89 pages

General Introduction

A wide variety of styles of question are used; for example OBJECTIVE (multiple choice, matching pairs, multiple completion) and SUBJECTIVE (structured and essay); each designed to assess different levels of understanding, and to maintain interest. Some will also provide experience of the types of question found in most examinations.

A LINK ON EACH QUESTION PAGE
TAKES YOU TO THE RELEVANT
ANSWER PAGE

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Muscles & Bones in Action Questions

Multiple Choice Questions

For each of the following questions, choose the **ONE** response which best answers the question.

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- 1** Which one of the following is the basic unit of the sliding filament mechanism?
- A** Sarcomere.
 - B** Myofibril.
 - C** Sarcoplasm.
 - D** Muscle fibre.
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- 2** Which one of the statements below, referring to the sliding filament mechanism, is **NOT** correct?
- [go to answer page](#)
- A** A single cross bridge may undergo many reconnections per second with the actin filament during a muscle contraction.
 - B** In isometric contractions where the contracting muscle is prevented from shortening, the cross bridges do not operate.
 - C** The coupling and uncoupling of the cross bridges continues if sufficient calcium ions are present.
 - D** In the absence of free calcium ions, tropomyosin and troponin prevent the connection of cross bridges between myosin and actin.
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- 3** Which one of the following features is **NOT** characteristic of typical slow twitch (Type I) muscle fibres, when compared to fast twitch (Type II) muscle fibres?
- A** More myoglobin.
 - B** More and larger mitochondria.
 - C** Same amount of actin.
 - D** More myosin.
 - E** Better blood supply.
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