
Exercise Physiology Questions & Answers

INTERACTIVE VERSION

89p

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.

ANSWERS TO OBJECTIVE MULTIPLE CHOICE QUESTIONS ARE PROVIDED INDIVIDUALLY AND CAN PROVIDE INSTANT FEEDBACK OR TOTALLED PER PAGE OR SECTION.
ALL ANSWERS CAN BE RESET FOR UNLIMITED TRIALS.
ANSWERS TO SUBJECTIVE QUESTIONS ARE PROVIDED IN A VARIETY OF WAYS BUT ALWAYS SUPPLY FEEDBACK

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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.

1 Which one of the following is the basic unit of the sliding filament mechanism?

- A** Sarcomere.
- B** Myofibril.
- C** Sarcoplasm.
- D** Muscle fibre.

2 Which one of the statements below, referring to the sliding filament mechanism, is **NOT** correct?

- 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.

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.