

Name: _____ **Date:** _____

Feel the Burn! 8th Grade Exercise Science Quiz

Assess basic comprehension of heart rates, muscle function, and energy fuels across 10 varied questions.

1. When you start a fast game of tag, your heart begins to beat much faster. This immediate change is known as a(n):

- A. Chronic adaptation
- B. Acute response
- C. Recovery phase
- D. Resting state

2. The _____ system is the primary energy source for long-distance activities, such as a 30-minute bike ride, because it uses oxygen.

- A. Anaerobic
- B. ATP-PC
- C. Aerobic
- D. Elastic

3. Regularly lifting weights over several months causes the heart and muscles to undergo chronic adaptations.

- A. True
- B. False

4. During a very heavy pull-up, your muscles might feel a temporary 'burn.' This is usually caused by the buildup of:

- A. Carbon dioxide
- B. Lactic acid
- C. Vitamin D
- D. Adrenaline

5. The time spent after a workout where your body repairs tissues and replenishes energy stores is called _____.

- A. Exertion
- B. Intensity
- C. Hypertrophy
- D. Recovery

6. A marathon runner primarily uses the ATP-PC system to finish the entire 26-mile race.

- A. True
- B. False

Name: _____ **Date:** _____

7. Which of these is a chronic adaptation to consistent cardiovascular training like swimming?

- A. Increased resting heart rate
- B. Decreased lung capacity
- C. Lower resting heart rate
- D. Immediate sweating

8. During a 100-meter dash, your body uses the _____ system for a quick, powerful burst of speed that lasts less than 15 seconds.

- A. Aerobic
- B. ATP-PC
- C. Digestive
- D. Respiratory

9. Why does your breathing rate increase when you start dancing or playing soccer?

- A. To remove oxygen from the blood
- B. To keep the muscles from moving
- C. To take in more oxygen for the muscles
- D. To decrease the heart rate

10. Stretching and cooling down after exercise helps the body transition into recovery mode more effectively.

- A. True
- B. False