

Name: _____ **Date:** _____

Beat, Breath, and Body: A 6th Grade Exercise Science Quest

Learners identify how the heart and lungs adapt to movement, providing a solid foundation for understanding physical fitness and long-term health.

1. When you start playing a game of tag, your heart begins to pump faster. This immediate change is known as what type of response?

- A. Chronic adaptation
- B. Acute response
- C. Sleep cycle
- D. Permanent change

2. Oxygen is the primary fuel source used by the aerobic energy system during long-distance activities like a steady bike ride.

- A. True
- B. False

3. The number of times your heart beats per minute while you are completely resting and relaxed is called your _____ heart rate.

- A. Target
- B. Maximum
- C. Resting
- D. Active

4. If a student practices gymnastics every day for a year, their muscles become stronger and more flexible. What are these long-term changes called?

- A. Short-term reactions
- B. Instant reflexes
- C. Chronic adaptations
- D. Emergency responses

5. Recovery is the process where the body repairs itself and gets stronger after a workout is finished.

- A. True
- B. False

6. During a fast 50-meter dash, your body needs energy very quickly. The system that provides energy for short, powerful bursts without using oxygen is the _____ system.

- A. Anaerobic
- B. Digestive
- C. Circulatory
- D. Aerobic

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7. Why does your breathing rate increase when you are running during P.E. class?

- A. To cool down the skin
- B. To take in more oxygen for the muscles
- C. To help the body store more fat
- D. To slow down the blood flow

8. Doing a 'cool-down,' such as walking slowly after a hard run, can help your body return to its normal state more smoothly.

- A. True
- B. False

9. Exercise physiology is the study of how the _____ responds and changes because of physical activity.

- A. Weather
- B. Human body
- C. Earth's crust
- D. Solar system

10. Which of these is an example of an acute response to lifting a heavy backpack?

- A. Having more muscle mass next year
- B. A lower resting heart rate
- C. Muscles feeling tight or burning immediately
- D. Growing taller