

Orienteering Quiz – Effects of Exercise

Control Point	Question		Tick for your answer	Check your answer with the 2 nd Number
4	Which one of these describes muscular hypertrophy?	Muscles increase in size	<input type="checkbox"/>	8
		Muscles retain their size	<input type="checkbox"/>	5
		Muscles contract	<input type="checkbox"/>	2
7	Which one is an effect of capillarisation?	Increasing the amount of oxygen available for working muscles.	<input type="checkbox"/>	1
		Increasing muscle strength.	<input type="checkbox"/>	7
		Increasing the amount of calcium available to reinforce bone density.	<input type="checkbox"/>	4
12	How does a warm-up before exercise reduce the risk of injury?	Increases blood flow to improve muscle movement.	<input type="checkbox"/>	1
		Increases the amount of lactic acid in muscles.	<input type="checkbox"/>	9
		Increases the level of glucose in the bloodstream.	<input type="checkbox"/>	0
2	What happens to the digestive system's blood supply during exercise?	Increases	<input type="checkbox"/>	2
		Redirects	<input type="checkbox"/>	3
		Stays the same	<input type="checkbox"/>	5
5	Which one of these is an immediate effect of exercise?	Increase in aerobic fitness	<input type="checkbox"/>	8
		Increase in heart rate	<input type="checkbox"/>	2
		Improvement in stamina	<input type="checkbox"/>	3
11	Which type of regular exercise would be most effective in producing cardiac hypertrophy?	Long distance running	<input type="checkbox"/>	5
		Weight training	<input type="checkbox"/>	7
		Flexibility exercises	<input type="checkbox"/>	9

