

## Orienteering Quiz – Effects of Exercise Answer Sheet

Control Point	Question		Tick for your answer	Check your answer with the 2 <sup>nd</sup> Number
4	Which one of these describes muscular hypertrophy?	<b>Muscles increase in size</b>	<input type="checkbox"/>	8
			<input type="checkbox"/>	
			<input type="checkbox"/>	
7	Which one is an effect of capillarisation?	<b>Increasing the amount of oxygen available for working muscles.</b>	<input type="checkbox"/>	1
			<input type="checkbox"/>	
			<input type="checkbox"/>	
12	How does a warm-up before exercise reduce the risk of injury?	<b>Increases the temperature of muscles to make them more able to stretch.</b>	<input type="checkbox"/>	1
			<input type="checkbox"/>	
			<input type="checkbox"/>	
2	What happens to the digestive system's blood supply during exercise?	<b>Reduces</b>	<input type="checkbox"/>	3
			<input type="checkbox"/>	
			<input type="checkbox"/>	
5	Which one of these is an immediate effect of exercise?	<b>Increase in heart rate</b>	<input type="checkbox"/>	2
			<input type="checkbox"/>	
			<input type="checkbox"/>	
11	Which type of regular exercise would be most effective in producing cardiac hypertrophy?	<b>Long distance running</b>	<input type="checkbox"/>	5
			<input type="checkbox"/>	
			<input type="checkbox"/>	

