

Orienteering Quiz – Health, Fitness and Wellbeing

Control Point	Question		Tick for your answer	Check your answer with the 1st Number
15	Which one of these is a macro-nutrient?	Vitamins	<input type="checkbox"/>	3
		Water	<input type="checkbox"/>	9
		Fats	<input type="checkbox"/>	8
2	Which one of these is a mental benefit of taking regular exercise?	Lower blood pressure	<input type="checkbox"/>	6
		Opportunities to socialise	<input type="checkbox"/>	1
		Reduction in stress	<input type="checkbox"/>	9
4	Which one of the following statements about cholesterol is correct?	A better diet can improve cholesterol levels.	<input type="checkbox"/>	7
		Regular aerobic exercise does not have an effect on cholesterol levels.	<input type="checkbox"/>	2
		An increase in fat in a diet will only increase HDL (high density lipoprotein) levels.	<input type="checkbox"/>	8
5	Which of the following is an effect of alcohol on the cardiovascular system?	Alcohol lowers blood pressure.	<input type="checkbox"/>	7
		Alcohol increases blood pressure.	<input type="checkbox"/>	4
		Alcohol increases oxygen debt.	<input type="checkbox"/>	9
13	Which one is a <i>physical</i> health benefit of taking regular exercise?	Increased motivation	<input type="checkbox"/>	5
		Opportunity for co-operation	<input type="checkbox"/>	6
		Improved heart function	<input type="checkbox"/>	1
10	Which type of exercise is <i>most</i> likely to reduce the risk of osteoporosis?	Long distance running	<input type="checkbox"/>	8
		Swimming	<input type="checkbox"/>	3
		Cycling	<input type="checkbox"/>	4

