

ACADEMIC LANGUAGE QUIZ

1

The energy pathway which utilizes oxygen as a chemical catalyst and fuels sustained physical activity.

- e. Energy Systems
- f. Anaerobic Glycolysis
- g. Aerobic Glycolysis
- h. Aerobic Dance

2

Extreme tiredness, generally resulting from physical or mental exertion.

- a. Fatigue
- b. Sleep Deprivation
- c. Insomnia
- d. Restfulness

3

A range of heart beats per minute identified because of specific health benefits.

- a. Heart Rate Monitor
- b. Tabata Zone
- c. HRM Device
- d. Heart Rate Zone

4

The energy pathway through which glucose is transformed without the use of oxygen.

- a. Energy Systems
- b. Anaerobic Glycolysis
- c. Aerobic Glycolysis
- d. Aerobic Dance

5

A skillful or efficient way of performing an activity.

- a. Form
- b. Technique
- c. Cues
- d. Control

6

A way of life that values physical activity as an essential part of living.

- a. Active Lifestyle
- b. Sedentary Time
- c. Community Health
- d. Activity Breaks

7

The correct or appropriate relative positions.

- a. Posture
- b. Cues
- c. Form
- d. Alignment

8

How hard an individual feels her/his body is working during a bout of exercise.

- a. Exhaustion
- b. Muscle Soreness
- c. Fatigue
- d. Perceived Exertion