Chapter 7 Anaerobic Exercise

Based on information found in Chapter 7 of the Reference Manual

1.) Exercise requires the body to dip into its stores of fuel, namely:
   - Oxygen and sweat
   - Glycogen and fat
   - Lean mass and water
   - Muscle and nervous system

2.) Exercise deficiency can lead to accelerated development of diseases associated with sedentary lifestyle (cardiovascular disease, obesity, intestinal disorders, apathy, insomnia, increased bone loss, etc):
   - True
   - False

3.) Anaerobic metabolism refers to a series of chemical reactions in the body that:
   - Do not require oxygen
   - Do not require sunlight
   - Do not require water
   - Do not require glycogen

4.) ATP (adenosine triphosphate) is:
   - Very limited in supply – about 30 seconds
   - The most immediate source of chemical energy for muscular activity
   - Useful in its rapid availability of energy
   - All of the above

5.) After the allocated supply of ATP is exhausted, the body must find another fuel source for muscular activity to continue. That fuel source is the:
   - Central Nervous System
   - Lactic Acid System
   - Digestive System
   - Fuel Exhaust System

6.) Anaerobic Glycolysis means:
   - The breakdown of fat without oxygen
   - The breakdown of protein without oxygen
   - The breakdown of sugar without oxygen
   - The breakdown of lean mass without oxygen
Chapter 7  Anaerobic Exercise

7.) When carbohydrate is only partially broken down, one of the end products is:
- Lactic Acid
- Amino Acid
- Stomach Acid

8.) High levels of Lactic Acid in the muscle and blood can result in:
- A more powerful workout
- Muscular fatigue and soreness
- Better digestion
- Immediate increase in energy and stamina

9.) Basketball, Tennis, Football, Volleyball and Alpine Skiing are Anaerobic:
- True
- False

10.) The two primary anaerobic fuel systems are:
- The Central Nervous System and Body-Fat System
- The Amino Acid System and Muscle System
- The ATP System and Lactic Acid System
- None of the above

11.) Any activity less than 30 seconds will rely heavily on:
- The ATP System
- The Lactic Acid System
- The Amino Acid System
- The Digestive System

12.) Any activity more than 30 seconds up to 3 minutes will rely on___________ to re-synthesize ATP:
- The ATP System
- The Lactic Acid System
- The Amino Acid System
- The Digestive System