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- 1 Metabolism is determined by the:
 - (a) size of proteins in the cell
 - (b) availability of amino acids
 - (c) **proteins formed as dictated by the genetic material**
 - (d) protein composition of the DNA
 - (e) activity of enzymes produced in the nucleus

- 2 In sprint events, improvements in performance may come from:
 - (a) faster reaction times
 - (b) increased power generating ability of muscles
 - (c) improved resistance to fatigue
 - (d) **all of the above**
 - (e) (a) and (b) only

- 3 Women's world record performances have improved rapidly in recent years mainly because:
 - (a) women have evolved a greater muscle mass
 - (b) women can now run faster than men
 - (c) women have started training at an earlier age
 - (d) **more women are now engaged in sport**
 - (e) the use of ergogenic aids has increased in women

4 Endurance training increases the muscle's capacity to:

- (a) contract faster
- (b) breakdown phosphocreatine
- (c) burn fat and carbohydrate
- (d) generate energy anaerobically
- (e) produce more blood cells

5 Which of the following factors does **not** influence success in sport?

- (a) ability to tolerate heavy training without succumbing to illness or injury
- (b) tactics
- (c) the diet
- (d) skill
- (e) ingestion of carnitine during exercise

6 The two principal contractile proteins found in skeletal muscle are:

- (a) actin and troponin
- (b) actin and myosin
- (c) troponin and tropomyosin
- (d) myosin and tropomyosin
- (e) actin and tropomyosin

7 The sarcoplasmic reticulum in muscle cells acts as a:

- (a) store of digestive enzymes
- (b) store of sodium ions
- (c) store of lipid
- (d) store of calcium ions
- (e) buffer of hydrogen ions