

Short Quiz

Complete the following quiz. Circle the best answer.

1. Your muscles are biochemical motors, and they use a substance called _____ for their energy source.
 - a. ATP
 - b. MCL
 - c. Sugar
 - d. Carbohydrates

2. Your body's response to moderate intensity exercise normally includes:
 - a. Faster heart rate
 - b. Faster breathing (this increased respiratory response allows for the body to take in more much needed oxygen)
 - c. Feeling warmer
 - d. All of the above

3. Resting and exercise heart rates are controlled by the _____ and _____ nervous systems.
 - a. Sympathetic and parasympathetic
 - b. Parasympathetic and para-automatic
 - c. Automatic and para-automatic
 - d. Sympathetic and automatic

4. The endocrine system comprises a number of glands that produce _____ with a varied array of vital functions.
 - a. Energy
 - b. Reactions
 - c. Hormones
 - d. heat