

50 Question



QUIZ



Q1	What is the name of exercises that provide cardiovascular conditioning?	
Q2	What is the recommended daily intake of fruit and vegetables?	
Q3	Citrus fruits are a source of which vitamin?	
Q4	What is the name for the ancient form of exercise that focuses on strength, flexibility and breathing?	
Q5	What is the name for organic compounds which are essential for normal growth and nutrition?	
Q6	Homeopathy and Acupuncture are types of what?	
Q7	Oily fish is a source of which 'fatty acid'?	
Q8	What is the name of the Chinese martial art that is practised for both its defence training and its health benefits?	
Q9	Would it be correct to apply ice to a muscle injury?	
Q10	Plyometrics is also known as what?	
Q11	Because of its vitamin A content, which vegetable is said to improve night vision?	
Q12	What is the name given to the use of aromatic plant extracts and essential oils for healing and cosmetic purposes?	
Q13	What is the common name for acid reflux?	
Q14	Where are the deltoid muscles?	
Q15	Which part of the body would be strengthened with crunches, leg raises, and twisting crunches?	
Q16	What is the normal resting pulse rate for an adult?	
Q17	What is the name of the substance that removes potentially damaging oxidizing agents in a living organism?	
Q18	Where are the pectoralis muscles?	

Q19	Which leaf vegetable has the highest density of nutrients?	
Q20	Which organic compound is essential for muscle development?	
Q21	Squats, lunges, leg extensions, and leg curls are exercises for which major muscle group?	
Q22	Bread, cereal, rice and pasta are a source of what?	
Q23	Which chemical element is responsible for building and maintaining strong bones?	
Q24	How many elements make up 99% of the mass of a human body?	
Q25	Exercises of high intensity and short duration are called what?	
Q26	What is the typical, at rest, respiratory rate for a healthy adult?	
Q27	How many muscles make up the quadriceps?	
Q28	Strength and weight training is also known as what type of exercising?	
Q29	Iron deficiency can cause which blood disease?	
Q30	Is it true or false to say vitamin C can ward off a cold?	
Q31	What is the sternum commonly known as?	
Q32	What is inflammation of the voice box called?	
Q33	Nuts are a source of which vitamin?	
Q34	Is it true or false to say it is best to warm up before vigorous exercise?	
Q35	What creates the burning sensation in muscles during a workout?	
Q36	How many basic food groups are there?	
Q37	Calcium rich foods belong to which group?	
Q38	What is the name of the muscle group at the back of the upper arm?	
Q39	Physiotherapy is also known as what?	

Q40	epicondylitis is commonly known as what?	
Q41	What are pieces of grain husk separated from flour after milling?	
Q42	In yoga, what is the name given to the regulation of the breath through certain techniques and exercises.?	
Q43	Alicante, Big Rainbow and Blaby Special are varieties of what?	
Q44	What is the name of the sterol compound of which high levels could cause heart disease?	
Q45	Blueberries have a high concentration of which two vitamins?	
Q46	What is produced by bacterial fermentation of milk?	
Q47	What is the name given to subcutaneous fat that causes dimpling of the skin?	
Q48	What is a costard?	
Q49	Dietary fibre is also known as what?	
Q50	What is the function of red blood cells?	



ANSWERS

Q1	Aerobics	Q26	12 – 20 per minute
Q2	Five portions	Q27	Four
Q3	C	Q28	Resistance exercising
Q4	Yoga	Q29	Anaemia
Q5	Vitamins	Q30	FALSE
Q6	Alternative or complimentary medicine	Q31	Breast bone
Q7	Omega 3	Q32	Laryngitis
Q8	Tai Chi	Q33	Vitamin E
Q9	Yes	Q34	TRUE
Q10	Jump training	Q35	Lactic acid
Q11	Carrots	Q36	Five
Q12	Aromatherapy	Q37	Dairy
Q13	Heartburn	Q38	Triceps
Q14	Top of the shoulder	Q39	Movement science
Q15	Abdominals	Q40	Tennis elbow
Q16	60 – 100 beats per minute	Q41	Bran
Q17	Antioxidants	Q42	Pranayama
Q18	Front upper chest	Q43	Tomato
Q19	Watercress	Q44	Cholesterol
Q20	Protein	Q45	K and C
Q21	Hamstrings	Q46	Yogurt
Q22	Carbohydrates	Q47	Cellulite
Q23	Calcium	Q48	An apple
Q24	Six	Q49	Roughage
Q25	Anaerobic	Q50	To carry oxygen around the body

