

Bachelor of Kinesiology Practice Test Questions and Answers

1. What is the primary focus of kinesiology as a field of study?

- A) Plant biology and botany
- B) Human movement and physical activity
- C) Chemical reactions in laboratories
- D) Computer programming and software

2. Which energy system provides immediate energy for high-intensity, short-duration activities?

- A) Aerobic glycolysis
- B) Oxidative phosphorylation
- C) ATP-PC (phosphocreatine) system
- D) Lactate system only

3. What does biomechanics study in kinesiology?

- A) The chemical composition of muscles
- B) The mechanical aspects of human movement
- C) The psychological effects of exercise
- D) The nutritional needs of athletes

4. Which principle states that training adaptations are specific to the type of exercise performed?

- A) Principle of overload
- B) Principle of specificity
- C) Principle of recovery
- D) Principle of variation

Answers: 1-B 2-C 3-B 4-B

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