

### Week 14 – Vežbanje za pisani ispit

1. Which of the following is not one of the five categories of bones?
  - a) Flat
  - b) Long
  - c) Round
  - d) Sesamoid
2. While she \_\_\_\_ on the treadmill, her friend was cycling.
  - A) runs
  - B) was running
  - C) is running
  - D) run
3. What muscle extends the elbow joint, allowing you to push a door open?
  - a) Biceps
  - b) Triceps
  - c) Deltoid
  - d) Hamstrings
4. She trains in \_\_\_\_ Olympic swimming pool every morning.
  - A) a
  - B) an
  - C) the
  - D) – (no article)
5. Which piece of equipment is also called an exercise bike?
  - a. Elliptical
  - b. Stationary bike
  - c. Rowing machine
  - d. Treadmill
6. The nervous system consists of:
  - a) Brain and heart
  - b) Brain and spinal cord
  - c) Spinal cord and lungs
  - d) Bones and muscles
7. Which is the largest bone in the human body?
  - a) Tibia
  - b) Fibula
  - c) Femur
  - d) Humerus

8. Which sentence is correct?
- A) He don't like tennis.
  - B) He doesn't likes tennis.
  - C) He doesn't like tennis.
  - D) He not like tennis.
9. Calisthenics exercises primarily use:
- a) Dumbbells
  - b) Body weight
  - c) Resistance bands
  - d) Barbells
10. Which exercise involves lying on your back and pulling your body up on a bar?
- a) Sit-ups
  - b) Pull-ups
  - c) Dips
  - d) Lunges
11. A "wall sit" is an example of which type of training?
- a) Aerobic
  - b) Isometric
  - c) Plyometric
  - d) Isokinetic
12. He \_\_\_\_ to training every day.
- A) go
  - B) goes
  - C) going
  - D) went
13. The fastest swimming stroke is also known as:
- a) Butterfly
  - b) Australian crawl
  - c) Backstroke
  - d) Breaststroke

14. She \_\_\_\_ just finished her workout.
- A) has
  - B) have
  - C) had
  - D) is
15. Which word correctly completes the sentence: “I \_\_\_\_ *badminton every weekend.*”
- a) Do
  - b) Play
  - c) Go
  - d) Make
16. Which type of contraction occurs when a muscle lengthens while resisting a load?
- a) Concentric
  - b) Eccentric
  - c) Isometric
  - d) Isokinetic
17. Isokinetic exercise differs from isotonic because it:
- a) Requires constant speed
  - b) Uses only free weights
  - c) Builds bone mass exclusively
  - d) Focuses only on cardiovascular endurance
18. Which martial art is famous for high kicks and the tenets of courtesy and perseverance?
- a. Taekwondo
  - b. Karate
  - c. Kung Fu
  - d. Tai Chi
19. 11. The “pankration” combined:
- a) Boxing and wrestling
  - b) Running and discus
  - c) Javelin and wrestling
  - d) Chariot racing and running

20. Which term describes a person who plays without pay?

- a) Professional
- b) Amateur
- c) Spectator
- d) Volunteer

21. The final score in gymnastics is composed of:

- a) Creativity + Execution
- b) Difficulty + Execution
- c) Strength + Flexibility
- d) Style + Control

22. What does  $\text{VO}_2$  max measure?

- a. Maximum heart rate
- b. Maximum oxygen uptake during exercise
- c. Lung capacity at rest
- d. Oxygen storage in muscles

23. Which track and field event involves throwing a spear?

- a) Discus
- b) Javelin
- c) Shot put
- d) Hammer throw

24. He \_\_\_\_ to the gym last week.

- A) go
- B) goes
- C) went
- D) going

25. The decathlon consists of how many events?

- a) 7
- b) 10
- c) 12
- d) 8

26. In football, which position prevents goals?
- a) Striker
  - b) Midfielder
  - c) Goalkeeper
  - d) Defender
27. Which swimming races start in the water rather than diving?
- a) Backstroke
  - b) Butterfly
  - c) Crawl
  - d) Breaststroke
28. In football, what is awarded when the ball crosses the goal line last touched by a defender?
- a) Goal kick
  - b) Corner kick
  - c) Throw-in
  - d) Penalty
29. The tallest basketball player usually plays:
- a) Point guard
  - b) Small forward
  - c) Center
  - d) Shooting guard
30. This was the \_\_\_\_ match of the tournament.
- A) more exciting
  - B) most exciting
  - C) excitingest
  - D) very exciting
31. What is “feinting” in boxing?
- A) Dodging an opponent’s punch
  - B) Faking a punch to deceive the opponent
  - C) Delivering a power punch
  - D) Clinching to avoid hits

32. In basketball, which violation occurs when a player moves both feet without dribbling?
- a) Double dribble
  - b) Walking / Traveling
  - c) Goal-tending
  - d) Blocking
33. An “alley-oop” in basketball is:
- a) A defensive steal
  - b) A pass and dunk combination
  - c) A free throw
  - d) A three-point shot
34. In basketball, which defense assigns players to guard specific areas?
- a) Man-to-man
  - b) Zone defense
  - c) Press
  - d) Counterattack
35. They \_\_\_\_ never played basketball before.
- A) has
  - B) have
  - C) had
  - D) having
36. What is the synonym for maximal pulse?
- a. Resting heart rate
  - b. Training pulse
  - c. Maximum heart rate
  - d. Cardiac reserve
37. Who invented basketball in 1891?
- a) Baron de Coubertin
  - b) James Naismith
  - c) Pierre de Coubertin
  - d) Arnold Schwarzenegger

38. What does the boxing term “southpaw” mean?

- a. Fighter with a defensive stance
- b. Fighter who uses both hands equally
- c. Left-handed fighter
- d. Fighter who prefers close-range

39. What does “exercise physiology” study?

- a) Movement of planets
- b) Body’s responses to exercise
- c) History of sports
- d) Psychology of training

40. His serve is \_\_\_\_ than mine.

- A) strong
- B) stronger
- C) strongest
- D) more strong

41. Which stance do skiers use to slow down?

- a) Carving
- b) Snowplough
- c) Parallel turn
- d) Jump turn

42. “Moguls” on a ski slope are:

- a) Mounds or bumps of snow
- b) Flat resting zones
- c) Safety nets
- d) Flags

43. They \_\_\_\_ football when it started to rain.

- A) play
- B) playing
- C) were playing
- D) played

44. Which Japanese martial art focuses on using an opponent's strength against them?

- a. Karate
- b. Judo
- c. Aikido
- d. Taekwondo

45. What does "off-piste skiing" mean?

- a) Skiing only at night
- b) Skiing off marked trails
- c) Skiing on artificial snow
- d) Skiing uphill

46. This stadium is \_\_\_\_ than the old one.

- A) modern
- B) more modern
- C) most modern
- D) modernest

47. Which swimming stroke uses the "frog kick"?

- a) Butterfly
- b) Crawl
- c) Breaststroke
- d) Backstroke

48. He is \_\_\_\_ athlete who won gold in Rio.

- A) a
- B) an
- C) the
- D) –