



1st Semester English Exam solutions

I- Terminology and nomenclature in sport and exercise science:

Define these terms ;

***Exercise science :.....01**

An umbrella term used to describe the study of numerous aspects of physical activity ,exercise, sport, and athletic performance that have the common characteristic of movement and the adaptations that occur as a result of physical activity and regular exercise.

***Physical activity :.....01**

Movement activities of daily living including work- and job-related activities, leisure time activities, and activities performed around the home

***Integumentary system :.....01**

Serves as a protective barrier between external environmental and remainder body, also includes sweat glands. Makes adjustments in skin blood flow important to body temperature regulation

***Urinary system :.....01.50**

The urinary system, also known as the renal system or urinary tract, consists of the kidneys, ureters, bladder, and the urethra. The purpose of the urinary system is to eliminate waste from the body, regulate blood volume and blood pressure, control levels of electrolytes and metabolites, and regulate blood pH.

***Peripheral nervous system :.....02**

The peripheral nervous system (PNS) is the division of the nervous system containing all the nerves that lie outside of the central nervous system (CNS). The primary role of the PNS is to connect the CNS to the organs,limbs, and skin. These nerves extend from the central nervous system to the outermost areas of the body.

The peripheral system allows the brain and spinal cord to receive and send information to other areas of the body, which allows us to react to stimuli in our environment.

The peripheral nervous system itself is divided into two parts:

-The somatic nervous system :.....01.50

The somatic system is the part of the peripheral nervous system responsible for carrying sensory and motor information to and from the central nervous system.

-The autonomic nervous system :.....01.50

The autonomic system is the part of the peripheral nervous system that's responsible for regulating involuntary body functions, such as blood flow, heartbeat, digestion, and breathing. This system is further divided into two branches:

1-The sympathetic system.....0.25

2-The parasympathetic system.....0.25

***Stroke volume :.....01**

The volume of the blood pumped from the heart with each contraction.

***Eccentric muscle actions :.....0.5**

When the muscle fibers lengthen when generating force.

***Muscle fiber hypertrophy :.....0.5**

An increase in muscle fibers cross-sectional size.

***glycolysis :.....0.5**

The breakdown of glucose to produce energy.

***body composition :.....0.5**

The amount of fat and nonfat tissue in the body.

***Exercise physiology :.....01.50**

The study of how exercise and physical activity alters the structure and function (physiology) of the human body.

exercise physiology is the study of how the systems individually and collectively respond to acute and chronic bouts of physical activity and exercise

***Homeostasis :....0.5**

The maintenance of relatively stable internal physiologic conditions.

II- Complete the chart below :.....(05)

Heart anatomy.

