

Name _____

Pumping Iron: How Exercise Builds Muscle Strength and Size

Multiple Choice Questions

1. What is muscle hypertrophy?
 - a) A decrease in muscle size
 - b) An increase in muscle strength
 - c) Muscle growth
 - d) A type of protein

2. What role does protein synthesis play in muscle growth?
 - a) It causes muscle damage
 - b) It repairs and strengthens muscle fibers
 - c) It decreases muscle size
 - d) It increases muscle flexibility

3. What are the two main types of muscle growth?
 - a) Cardiovascular and resistance
 - b) Myofibrillar and sarcoplasmic
 - c) Endurance and strength
 - d) Flexibility and agility

4. What hormones are involved in muscle growth?
 - a) Insulin and cortisol
 - b) Testosterone and growth hormone
 - c) Estrogen and progesterone
 - d) Melatonin and adrenaline

5. Why is rest and recovery important for muscle growth?
 - a) To prevent muscle growth
 - b) To allow muscles to repair and rebuild
 - c) To decrease hormone levels
 - d) To increase muscle soreness

