

Name: _____

Date: _____

Lesson One: Made To Move HS Assessment

1. Which system in the human body is primarily responsible for producing red blood cells?
 - a. Muscular
 - b. Skeletal
 - c. Nervous
 - d. Endocrine
2. What system helps the body regulate activities through the production of hormones?
 - a. Respiratory
 - b. Nervous
 - c. Endocrine
 - d. Cardiovascular
3. Which of the following is NOT a part of the cardiovascular system?
 - a. Arteries
 - b. Capillaries
 - c. Tendons
 - d. Veins
4. What is the main function of the lymphatic system?
 - a. Oxygenates the blood
 - b. Returns excess fluid to the bloodstream
 - c. Produces hormones
 - d. Filters waste from the blood
5. Which system of the body includes the nose, mouth, throat, and lungs?
 - a. Digestive
 - b. Respiratory
 - c. Lymphatic
 - d. Urinary
6. Which system processes food into molecules for nutrient absorption?
 - a. Muscular
 - b. Urinary
 - c. Digestive
 - d. Endocrine
7. What system helps regulate the proper volume and composition of body fluids by excreting waste?
 - a. Urinary
 - b. Cardiovascular
 - c. Nervous
 - d. Muscular

8. The reproductive system is primarily responsible for which of the following?
 - a. Circulating blood
 - b. Producing red blood cells
 - c. Developing offspring and producing hormones
 - d. Filtering waste
9. Which system is compared to the plumbing, electrical, and natural gas systems of a house due to its interdependency on other systems?
 - a. Nervous
 - b. Endocrine
 - c. Muscular
 - d. None, the analogy applies to all body systems:
10. What effect does regular strenuous movement have on the lymphatic system?
 - a. It reduces lymphatic circulation
 - b. It enhances the oxygenation of blood
 - c. It decreases blood pressure
 - d. It weakens the immune system
11. What is the primary goal of homeostasis in the body?
 - a. To increase muscle mass
 - b. To maintain internal stability while adjusting to external conditions
 - c. To eliminate waste
 - d. To regulate breathing
12. Which of the following activities is NOT an example of healthy, strenuous movement?
 - a. Running
 - b. Biking
 - c. Watching TV
 - d.) Swimming
13. Which of the following best describes how movement improves sleep quality?
 - a. It decreases lung capacity
 - b. It increases cellular repair across the body
 - c. It lowers oxygen levels in the blood
 - d. It reduces muscle mass
14. How does movement like strength training with weights affect the body?
 - a. It decreases bone density
 - b. It improves lung capacity
 - c. It reduces cognitive functions
 - d. It increases bone density

15. What is a consequence of leading a sedentary life according to the lesson?
- Improved cognitive function
 - Increased risk of body problems
 - Stronger immune system
 - Enhanced blood circulation
16. Which system circulates blood throughout the body?
- Endocrine
 - Nervous
 - Cardiovascular
 - Lymphatic
17. What happens to the lungs when you engage in strenuous activities like running or hiking?
- They decrease in size
 - They stretch to take in more oxygen
 - They produce more blood cells
 - They reduce in capacity
18. Which of the following systems assists in the absorption of fat-soluble vitamins?
- Cardiovascular
 - Lymphatic
 - Nervous
 - Endocrine
19. What system consists of the brain, spinal cord, nerves, and ganglia?
- Nervous
 - Muscular
 - Digestive
 - Urinary
20. In the house analogy, if the plumbing system in the body fails, which system is most likely to be affected next?
- Cardiovascular
 - Digestive
 - Nervous
 - All systems could be affected due to interdependency

Answer Key:

1. (B)
2. (C)
3. (C)
4. (B)
5. (B)
6. (C)
7. (A)
8. (C)
9. (D)
10. (B)
11. (B)
12. (C)
13. (B)
14. (D)
15. (B)
16. (C)
17. (B)
18. (B)
19. (A)
20. (D)