

SPORTY SCIENCE QUIZ

ROUND 1 - TRUE OR FALSE



Q1. Tennis balls at Wimbledon are stored at a specific temperature. True or False?

Q2. A netball court is divided into quarters. True or False?



Q3. Olympic GOLD medals are made mostly from silver. True or False?

Q4. An Olympic swimming pool is 100m long. True or False?

Q5. Alan Shepherd hit a golf ball on the moon in 1971. True or False?

Q6. Early footballs were made from pig's bladders, True or False?

ROUND 2



Q1. What is the term for the maximum amount of oxygen an individual can utilize during intense exercise?

Q2. What is the name of the muscle soreness felt 1-2 days after intense exercise?

Q3. Which hormone helps regulate blood sugar levels during exercise?

Q4. Which vitamin is essential for bone health, important for athletes?

Q5. Which type of training involves exercises that mimic the movements of a specific sport?



SPORTY SCIENCE QUIZ

Round 3

Q1. Which type of training involves short bursts of high-intensity exercise followed by periods of rest?

Q2. What are the five colours of the Olympic rings?

Q3. Which city hosted the first modern Olympic Games in 1896?

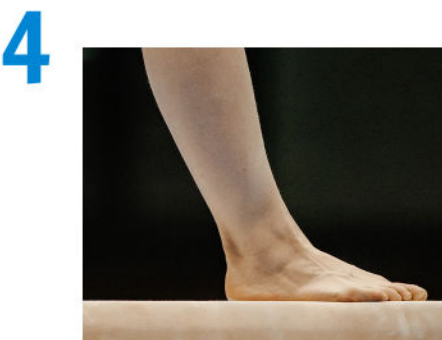
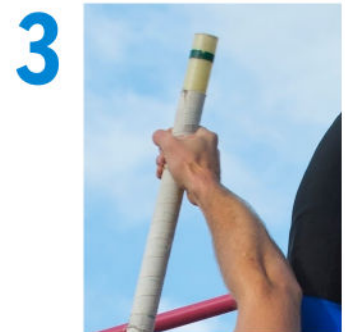
Q4. What does the motto "Citius, Altius, Fortius" mean in English?

Q5. In which sport would you find a "butterfly" stroke?



Round 4

Identify the 5 sports in the images below



ANSWERS

ROUND 1

- Q1. True
- Q2. False
- Q3. True
- Q4. False
- Q5. True
- Q6. True

ROUND 2

- Q1. V02 max
- Q2. Delayed Onset Muscle Soreness (DOMS)
- Q3. Insulin
- Q4. Vitamin D
- Q5. Plyometrics

ROUND 3

- Q1. Interval training
- Q2. Blue, Yellow, Black, Green, Red
- Q3. Athens
- Q4. Faster, higher, stronger
- Q5. Swimming

ROUND 4

- Q1. Javelin
- Q2. Hockey
- Q3. Pole Vault
- Q4. Gymnastics
- Q5. Water polo

