

**Practical - Midterm 1**

NAME: \_\_\_\_\_ ID#: \_\_\_\_\_

Question	1	2	3	4	5	6	Total
Points	20	4	20	8	10	20	100

1. (20) Explain the physiological mechanisms underlying the following scenarios:

Scenario 1: A person is exercising in a hot environment. Explain how the body maintains core temperature.

Scenario 2: A person is exercising in a cold environment. Explain how the body maintains core temperature.

Scenario 3: A person is exercising at high altitude. Explain how the body maintains oxygen delivery to the muscles.

Scenario 4: A person is exercising after a meal. Explain how the body maintains energy balance.

Scenario 5: A person is exercising after a long period of inactivity. Explain how the body maintains energy balance.

Question	Points
1. Explain the physiological mechanisms underlying the following scenarios:	20
Scenario 1: A person is exercising in a hot environment. Explain how the body maintains core temperature.	4
Scenario 2: A person is exercising in a cold environment. Explain how the body maintains core temperature.	4
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Scenario 5: A person is exercising after a long period of inactivity. Explain how the body maintains energy balance.	4

# Practice Test Midterm 1 Answer Key

**LP Steffe**



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