

SEMPER FIT BASIC FITNESS COURSE MARINE NET **COMPILED EXAMS** WITH 100% CORRECT ANSWERS 2024

Which of the following best defines exercise physiology?

The body prepares for and performs exercise.

Define exercise physiology

Exercise physiology is the science that describes, explains, and uses the body's response and adaptation to exercise training to maximum human physical potential.

It includes the interaction of the heart, lungs, and muscles, and how they respond to exercise.

Define optimal fitness

Optimal fitness refers to the best functioning level of fitness a Marine can attain. At the optimal level, the body of the Marine functions as efficiently as it can.

Timed runs, sit-ups, pull-ups, and push-ups, or your survivability in combat are all measurements of optimal fitness.

Which of the following tests can measure a Marine's optimal fitness?

Timed runs

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