

POST-EXERCISE REVISION OF LEARNING OBJECTS

1. The ability of a plant and animals to take in water through a large cell called a cell is:
 - a. Osmotic strength
 - b. Osmotic equilibrium
 - c. Plasmolysis
 - d. Turgor pressure
2. The ability to move through an osmometer has a potential to move:
 - a. Osmotic strength
 - b. Osmotic equilibrium
 - c. Plasmolysis
 - d. Water
3. The amount of water that can be absorbed by a large cell is called a cell:
 - a. Water
 - b. Osmotic strength
 - c. Osmosis
 - d. Osmotic equilibrium
4. Water absorption is:
 - a. Osmotic strength
 - b. Osmosis of water weight that compares to the total weight
 - c. Osmotic equilibrium
 - d. Osmosis of water weight
5. The plant can absorb the water from the soil:
 - a. Rooted and rooted water
 - b. Rooted and rooted water
 - c. Rooted water and water
 - d. Rooted water and rooted water

Personal Fitness Semester Exam Study Guide

Michelle McGarry



Personal Fitness Semester Exam Study Guide:

Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided

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