

# LMT Practice Test Questions and Answers

## 1. What is biomechanics?

- A) The study of exercise equipment.
- B) The study of human movement and forces
- C) The study of nutrition in sports.
- D) The study of breathing mechanisms.

## 2. How does exercise affect biomechanics?

- A) It decreases joint mobility.
- B) It strengthens muscles and improves movement efficiency
- C) It reduces the ability to balance.
- D) It slows down muscle contractions.

## 3. What does the endocrine system regulate?

- A) Digestion and excretion.
- B) Hormonal balance and bodily functions
- C) Bone growth.
- D) Respiratory rate.

## 4. What is the role of the skeletal system?

- A) To generate body heat.
- B) To support the body, protect organs, and facilitate movement
- C) To filter waste from the body.
- D) To digest food.

**Answers: 1-B 2-B 3-B 4-B**

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