

Sample Test Questions

True/False

1. In a person Fat weighs more than muscle. **F**
2. Your *training heart rate* is taken during exercise. **T**
3. If burning fat is your goal, you should do *aerobic exercise*. **T**
4. To achieve and maintain fitness you should exercise a minimum of 2 days per week. **F**
5. The safest way to stretch is to do ballistic (bouncing) type of stretches. **F**
6. Doing the Pacer Test is an acceptable way to test muscle endurance. **F**
7. The *cardiovascular system* is made up of the heart, lungs, kidneys, and spleen. **F**
8. The five components of fitness are cardiovascular, muscle strength and endurance, flexibility, body composition and stretching. **F**

Multiple Choices: Read the statement/question and select the best one answer.

1. Identify the aerobic activity.
 - a. Weight lifting
 - b. Holding your breath
 - c. Sprinting
 - d. **Rollerblading**

2. The training principle, which involves sets and repetitions when weight lifting is?
 - a. Type
 - b. **Time**
 - c. Frequency
 - d. Intensity

3. John is a 17 year old male with a resting heart rate of 71. When he is exercising at 75% of his training heart rate he needs his heart rate to be at ____ beats per minute.
 - a. 160
 - b. 140
 - c. 190
 - d. **170**

4. What would be the most effective program to build John's *muscular strength*?
 - a. Lift 15% of 1 rep max 20-30 reps.
 - b. **Lift 85% of 1 rep max 3 sets of 6 repetitions**
 - c. Lift 50% of 1 rep max 3 sets of 15 repetitions
 - d. Lift 95% of 1 rep max 20-30 repetitions

5. John has been working his Hamstring muscles. John also needs to exercise the antagonistic muscles of the hamstrings. Identify the antagonistic muscle.
 - a. Pectorals
 - b. Abdominals
 - c. **Quadriceps**
 - d. Latissimus Dorsi

6. Identify the two muscle groups that are antagonistic to one another.
- a. Latissimus Dorsi and Lower Back
 - b. Biceps and Triceps**
 - c. Biceps and Deltoids
 - d. Quadriceps and Gastrocnemius
7. When applying the *F.I.T.T. principles* to a cardiovascular work a person needs to exercise for...
- a. at least 2 days per week at 30% of THR zone for 20 minutes doing jogging
 - b. at least 3 days per week at 30% of THR zone for 20 minutes doing jogging
 - c. at least 3 days per week at 75% of THR zone for 20 minutes doing weight lifting
 - d. at least 3 days per week at 75% of THR zone for 20 minutes doing jogging**
9. The *Cardiovascular System* is made up of:
- a. Heart, muscles, arteries, and lungs
 - b. Heart, arteries, bones, and lungs
 - c. Heart, arteries, veins, and lungs**
 - d. Heart, arteries, muscle, and veins
10. In relationship to exercise, *Intensity* means: How _____ you work out.
- a. Hard**
 - b. Often
 - c. Long
 - d. Frequently