

trueFalse**True/False**

Indicate whether the sentence or statement is true or false.

- ___ 1. The volume of training load is directly proportional to its intensity.
- ___ 2. Cross-training is the best way to increase fat loss and calorie-burning for clients who want to lose fat?
- ___ 3. Generally, a high rate of acceleration during the movementphase of a sports skill will result in a greater length and importance of the follow-through phase.
- ___ 4. Some athletes may begin follow-through too late which can cut short the movement phase.
- ___ 5. The “Kinetic Chain Concept” indicates that our extremities consist of several bony segments linked by a series of joints.
- ___ 6. Slip and fall is the number one legal claim made against personal trainers by clients?
- ___ 7. Most physical activity, particularly those that involve the lower extremity, requires multiple joint activities involving single muscle groups.
- ___ 8. Movements involving “Closed Kinetic Chain” are considered to be very functional, particularly for the lower extremities.
- ___ 9. When determining appropriate conditioning exercises one should consider the open versus closed kinetic chain demands of the activity through analysis of skilled movements.
- ___ 10. All sports involve closed-chain lower extremity activities and open-chain upper extremity activities.
- ___ 11. Force gradation allows humans to regulate or control their body movements.
- ___ 12. The “Valsalva Maneuver” is when one holds his/her breath while attempting to lift heavy weights or trying to exhale against a open epiglottis.
- ___ 13. Proper weight lifting technique involves exhaling during lifting and inhaling during lowering.
- ___ 14. Over the counter medications do not affect whether or not a person will develop heat stroke dehydration.
- ___ 15. While performing the pull-up phase of a dumbbell bent-over row the wrist and hand perform flexion.
- ___ 16. During the return phase of a lat pull-down the elbow is performing flexion
- ___ 17. While performing the pulling up phase of a chin-up the shoulder girdle is adducting.
- ___ 18. The arm curl exercise is composed of two phases which are the lifting phase and the relaxation phase.
- ___ 19. Sole proprietorship and independent contract are basically the same thing with a different name
- ___ 20. The chin-up exercise is an excellent exercise for triceps brachii development
- ___ 21. The body will gradually, over time, attempt to adapt very specifically to the various stresses and overloads to which it is subjected
- ___ 22. Coordination is the first and most fundamental component of biomechanical function.
- ___ 23. Because the glenohumeral joint moves from abduction to adduction and backagain, the lat pull is a great exercise for deltoid development.

Name: _____

ID: A

- ___ 24. The push-up exercise is an excellent exercise for upper extremity development but does little for the rest of the body.
- ___ 25. Overload may be modified by changing frequency, intensity, and/or duration.
- ___ 26. Muscular conditioning is harder to lose than cardiorespiratory conditioning even if the client has not trained in a while
- ___ 27. Obesity is the fastest growing health problem in the US
- ___ 28. Superior is the positioned above a point of reference.
- ___ 29. A system comprised of the cardiovascular and respiratory systems is called respiratory system
- ___ 30. Positioned farthest from the center of the body is known as lateral

trueFalse
Answer Section

TRUE/FALSE

1. ANS: F
2. ANS: F
Interval training is the answer
3. ANS: T
4. ANS: F
5. ANS: T
6. ANS: T
7. ANS: F
8. ANS: T
9. ANS: T
10. ANS: F
11. ANS: T
12. ANS: F
13. ANS: T
14. ANS: F
15. ANS: T
16. ANS: F
17. ANS: T
18. ANS: F
19. ANS: F
20. ANS: F
21. ANS: T
22. ANS: F
it's balance
23. ANS: F
24. ANS: F
25. ANS: T
26. ANS: T
muscle conditioning will last 10-14 days
27. ANS: T
28. ANS: T
29. ANS: F
is called Cardiorespiratory system
30. ANS: T
Answer is Distal

F 24.

 T 25.

 T 26.

 F 1.

 F 2.

 T 3.

 F 4.

 T 5.

 T 6.

 F 7.

 T 8.

 T 9.

 F 10.

 T 11.

 F 12.

 T 13.

 F 14.

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 F 16.

 T 17.

 F 18.

 F 19.

 F 20.

 T 21.

 F 22.

 F 23.

 T 27.

 T 28.

 F 29.

 T 30.

TRUE/FALSE

(T) (F)

- | | | | | | |
|-----|-----|-----|-----|-----|-----|
| 1. | (A) | (B) | (C) | (D) | (E) |
| 2. | (A) | (B) | (C) | (D) | (E) |
| 3. | (A) | (B) | (C) | (D) | (E) |
| 4. | (A) | (B) | (C) | (D) | (E) |
| 5. | (A) | (B) | (C) | (D) | (E) |
| 6. | (A) | (B) | (C) | (D) | (E) |
| 7. | (A) | (B) | (C) | (D) | (E) |
| 8. | (A) | (B) | (C) | (D) | (E) |
| 9. | (A) | (B) | (C) | (D) | (E) |
| 10. | (A) | (B) | (C) | (D) | (E) |
| 11. | (A) | (B) | (C) | (D) | (E) |
| 12. | (A) | (B) | (C) | (D) | (E) |
| 13. | (A) | (B) | (C) | (D) | (E) |
| 14. | (A) | (B) | (C) | (D) | (E) |
| 15. | (A) | (B) | (C) | (D) | (E) |
| 16. | (A) | (B) | (C) | (D) | (E) |
| 17. | (A) | (B) | (C) | (D) | (E) |
| 18. | (A) | (B) | (C) | (D) | (E) |
| 19. | (A) | (B) | (C) | (D) | (E) |
| 20. | (A) | (B) | (C) | (D) | (E) |
| 21. | (A) | (B) | (C) | (D) | (E) |
| 22. | (A) | (B) | (C) | (D) | (E) |
| 23. | (A) | (B) | (C) | (D) | (E) |
| 24. | (A) | (B) | (C) | (D) | (E) |
| 25. | (A) | (B) | (C) | (D) | (E) |
| 26. | (A) | (B) | (C) | (D) | (E) |
| 27. | (A) | (B) | (C) | (D) | (E) |
| 28. | (A) | (B) | (C) | (D) | (E) |
| 29. | (A) | (B) | (C) | (D) | (E) |
| 30. | (A) | (B) | (C) | (D) | (E) |