

Name:
Class:
Date:

Weight Training Quiz

- 1) Muscle growth is also defined as what?
 - A) Sarcopenia
 - B) Osteoporosis
 - C) Hypertrophy
 - D) Osteopenia

- 2) The repetition range for hypertrophy is what?
 - A) 15-20
 - B) 6-8
 - C) 1-5
 - D) 9-12

- 3) Short duration endurance training is performed through what repetition range?
 - A) 3-5
 - B) 9-12
 - C) 6-8
 - D) 15-25

- 4) Peak Power is obtained at what percentage of your repetition maximum?
 - A) 33%
 - B) 50%
 - C) 75%
 - D) 100%

- 5) Name the four critical teaching points for the Back Squat?

- 6) Name the four critical teaching points for the Bench Press?

- 7) Name the four critical teaching points for the Dead-lift?

- 8) Name four dynamic warm-ups performed before weight training?

- 9) Name four restorative stretches performed after weights?

- 10) Why are dynamic warm-ups a more effective warm-up protocol before weights, in comparison to restorative static stretching (explain)?

- 11) Describe the four critical teaching points for spotting the bench press?
- 12) Describe proper spotting technique for the back squat?
- 13) What is the prescribed rest period for the 9-12 reps range
 - A) 30"
 - B) 60"
 - C) 120"
 - D) 180"
- 14) What is the prescribed rest period for a rep range of 1-5rm
 - A) 30"
 - B) 60"
 - C) 90"
 - D) 180"
- 15) What is the proper rest ratio for cardiovascular conditioning consisting of 120 beats per minute?
 - A) 1:1
 - B) 2:1
 - C) 3:1
 - D) 4:1