

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) In regard to physical fitness, the overload principle can be defined as _____
A) lifting too much weight during a weight-lifting procedure.
B) overloading the body, which results in muscular damage.
C) overloading tendons with excessive use that results in damage.
D) overloading the body by exercise stress that results in an improvement in physical fitness.
- 2) The principle of progression states that _____
A) an exercise training session should progress rapidly.
B) exercise overload should be increased gradually during training.
C) an exercise training session should be followed by a recovery period.
D) none of the above
- 3) Physical fitness can be lost due to inactivity; this is termed _____
A) the principle of progression. B) the overload principle.
C) the principle of detraining. D) the principle of reversibility.
- 4) All exercise programs should be individualized. Therefore, an exercise prescription should consider _____
A) previous exercise habits (i.e., fitness status).
B) the individual's age.
C) health.
D) all of the above
- 5) The minimum dose of exercise required to improve health-related physical fitness is called _____
A) the aerobic threshold. B) the anaerobic threshold.
C) the lactate threshold. D) none of the above
- 6) Failure to get adequate rest between workouts is often defined as _____
A) the general adaptation syndrome. B) chronic fatigue syndrome.
C) sleep apnea. D) overtraining.
- 7) The amount of rest that is required between heavy exercise bouts is generally _____
A) 3-4 days. B) 4-6 hours. C) 1-2 days. D) 2-3 days.
- 8) A period of rest between exercise training sessions is critical for maximal improvement in physical fitness. This is often referred to as _____
A) the principle of overload. B) the principle of recuperation.
C) the principle of progression. D) none of the above
- 9) The objective of health-related exercise is to obtain health benefits such as _____
A) reduced risk of heart disease. B) increased risk of diabetes.
C) increased risk of cancer. D) all of the above

- 10) The minimum level of exercise required to achieve some health benefits is termed 10) _____
 A) threshold of exercise. B) threshold for health benefits.
 C) threshold of fitness. D) threshold for weight lost.
- 11) Guidelines to follow when setting achievable fitness goals include 11) _____
 A) setting goals that are specific and measurable.
 B) being realistic.
 C) putting goals in writing.
 D) all of the above

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 12) The principle of progression is an extension of the overload principle. 12) _____
- 13) A period of rest between training sessions is essential to achieve optimal physical fitness. 13) _____
- 14) A diet that is inadequate in terms of the recommended amounts of carbohydrates and proteins has a limited effect on overtraining. 14) _____
- 15) After cessation of training, muscular strength is lost faster than muscular endurance. 15) _____
- 16) Exercise goals are considered to be a part of the exercise prescription. 16) _____
- 17) Every exercise prescription must include at least one mode of exercise. 17) _____
- 18) For a person to achieve health benefits, exercise must be performed at a high intensity and last several hours a day. 18) _____
- 19) The primary purpose of a warm-up is to activate the central nervous system. 19) _____
- 20) A primary purpose of a cool-down is to return blood located in the periphery back to the heart. 20) _____
- 21) The current public health recommendation for physical activity is a minimum of 10 minutes of moderate to intense physical activity each day. 21) _____
- 22) The components of the primary conditioning period are called the FIT principle, which stands for frequency, intensity, and tension. 22) _____
- 23) To ensure the best fit when buying a new pair of running shoes, always shop for them in the morning. 23) _____

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 24) The period of light exercise prior to the workout is called a _____. 24) _____
- 25) The intensity of a cool-down following an active workout should be _____. 25) _____
- 26) The loss of physical fitness due to inactivity is called _____. 26) _____

- 27) A period of recovery between exercise training sessions is important for maximal improvement and is called _____. 27) _____
- 28) Evidence indicates that _____ levels of physical activity are required to provide major health benefits. 28) _____
- 29) The principle of exercise training which states that exercise overload should be increased gradually during training is called the _____. 29) _____
- 30) Establishing both _____ and _____ fitness goals is an important part of the exercise prescription for beginning an exercise training program. 30) _____
- 31) Too much exercise can impair the body's _____ and increase the risk of colds. 31) _____

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the following.

- | | | |
|---|------------------------------|-----------|
| 32) Principle of training that states in order to improve physical fitness, the body must be stressed. | A) overtraining | 32) _____ |
| | B) 10% rule | |
| 33) The rule of training that states that training loads should not be increased more than 10% per week. | C) overload principle | 33) _____ |
| | D) mode of exercise | |
| 34) Fatigue syndrome that results from the failure to get enough rest between training sessions. | E) principle of recuperation | 34) _____ |
| | F) principle of specificity | |
| 35) Major purpose of a cool-down. | G) maintenance program | 35) _____ |
| 36) Specific type of exercise performed. | H) return blood to heart | 36) _____ |
| 37) Principle of exercise that states that adequate recovery periods are required between exercise training sessions. | | 37) _____ |
| 38) Exercising to maintain a constant level of physical fitness. | | 38) _____ |
| 39) Principle of training that states the effect of exercise training is specific to those muscles involved in the activity | | 39) _____ |

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 40) Define the following terms: *overtraining* and *principle of recuperation*.
- 41) What is the general purpose of a cool-down and warm-up?

- 42) Describe and discuss the components of the exercise prescription.
- 43) How does the principle of progression apply to the exercise prescription?
- 44) Explain why individualizing the workout is important.
- 45) What happens to physical fitness if you stop training?
- 46) Discuss the 10% rule. Why is this "rule" important in planning training progression?
- 47) What modality of physical activity is optimal to obtain health benefits?
- 48) Discuss the importance of goal setting in developing a physical fitness program.

Answer Key

Testname: UNTITLED2

- 1) D
- 2) B
- 3) D
- 4) D
- 5) D
- 6) D
- 7) C
- 8) B
- 9) A
- 10) B
- 11) D
- 12) TRUE
- 13) TRUE
- 14) FALSE
- 15) FALSE
- 16) TRUE
- 17) TRUE
- 18) FALSE
- 19) FALSE
- 20) TRUE
- 21) FALSE
- 22) FALSE
- 23) FALSE
- 24) warm-up
- 25) light
- 26) principle of reversibility
- 27) principle of recuperation
- 28) moderate-to-high
- 29) principle of progression
- 30) short-term; long-term
- 31) immune system
- 32) C
- 33) B
- 34) A
- 35) H
- 36) D
- 37) E
- 38) G
- 39) F
- 40) Overtraining is the failure to get adequate rest between sessions, which results in fatigue. A common symptom is sore and stiff muscles or a feeling of general fatigue the morning after an exercise training session, sometimes called a "workout hangover." The principle of recuperation states that the body requires recovery periods between exercise training sessions to adapt to the exercise stress. Therefore, a period of rest is essential to achieve maximal benefit from exercise.
- 41) The purpose of a warm-up is to elevate muscle temperature and increase blood flow to those muscles that will be engaged in the workout. A primary purpose of a cool-down is to allow blood to be returned from the muscles back to the heart.
- 42) Components of an exercise prescription include fitness goals, mode of exercise, a warm-up, a primary conditioning period, and a cool-down.

Answer Key

Testname: UNTITLED2

- 43) The principle of progression is an extension of the overload principle. It states that overload should be increased gradually during the course of a physical fitness program.
- 44) Although the same general principles of exercise training apply to everyone, no two people are the same. Therefore, the exercise prescription should consider such factors as the individual's general health, age, fitness status, musculoskeletal condition, and body composition.
- 45) Detraining occurs. This loss of fitness due to inactivity is an example of the principle of reversibility.
- 46) The 10% rule states that the training intensity or duration of exercise should not be increased by more than 10% per week. This is a commonsense guideline for improving physical fitness and avoiding overuse injuries.
- 47) This question has no definitive answer. However, it is clear that any one of the many exercise modalities (e.g. running, swimming, cycling, walking) can be used to achieve exercise-related health benefits. It is up to individuals to utilize the modality that they enjoy the most so they maintain their exercise program.
- 48) Establishing long-term and short-term goals is an important part of an exercise program. Goals serve as motivation to start an exercise program. Attaining fitness goals improves self-esteem and provides the incentive needed to make a lifetime commitment to regular exercise.