CHAPTER TWO

True/False Questions

1. During the power clean, the first pull refers to the period during which the barbell is received on the front of the shoulders.
2. The power snatch is performed with a pronated grip.
3. An eccentric squat is one where the descent phase of the movement is exaggerated.
4. During squats, the feet should remain flat on the floor.
5. During front squats, the elbows should point down toward the ground to place the weight of the barbell on the wrists.
6. Tibiofemoral compression refers to the patella acting on the femur.
7. The squat does not appear to stress the anterior cruciate ligament.
8. When running at maximum velocity, the athlete should run heel-to-toe.
9. When shuffling, the weight should be on an athlete's heels.
10. Specific lower back pain effects 90% of people suffering from lower back pain.

Answers: 1) F, 2) T, 3) T, 4) T, 5) F, 6) F, 7) T, 8) F, 9) F, 10) F

Multiple Choice Questions

1. The period in a power clean or power snatch from the start of the lift until the barbell reaches mid-thigh is the:
    a. Start
    b. First pull
    c. Second pull

d. Finish

2. Pulling the shoulders back and sticking out the chest during a lift is known as:
    a. Setting the back
    b. The first pull
    c. Bouncing the bar
    d. An eccentric lift

3. The explosive part of a power clean or power snatch is known as the:
    a. Start
    b. First pull
    c. Second pull
    d. Finish

4. The explosive part of the split jerk is the:
    a. Start
    b. Dip
    c. Drive
    d. Finish

5. When the barbell is placed at the base of the neck during a back squat, this is known as a:
    a. High bar squat
    b. Low bar squat

c. Cervical squat

d. Good morning

6. During the squat, tibiofemoral compression increases during the:

    a. Start

    b. Descent

    c. Ascent

    d. The squat has no effect on tibiofemoral compression

7. Which of the following is not a reason for the squat failing to stress the anterior cruciate ligament?

    a. The hamstrings are active throughout the exercise

    b. The gastrocnemius is active throughout the exercise

    c. The squat is weight bearing

    d. The squat increases bone mineral density at the lumbar spine

8. During stopping, shuffling, and backpedaling the athlete's weight should be on the:

    a. Heels

    b. Balls of the feet

    c. Hands

    d. Toes

9. Which of the following is not a theoretical benefit of core training?

a. Improved performance

b. Injury prevention

c. Injury treatment

d. They are all theoretical benefits

10. Specific lower back pain accounts for what percentage of lower back pain sufferers?

a. 10%

b. 50%

c. 75%

d. 90%

Answers: 1) b, 2) a, 3) c, 4) c, 5) a, 6) b, 7) d, 8) b, 9) d, 10) a

Short Answer Questions

1. Describe how to perform the power snatch.
2. How does bar positioning during the squat impact the affects of the exercise?
3. Summarize the lower body mechanics of running at maximum velocity.
4. Theoretically, how would core training prevent injuries?
5. What are the differences between specific lower back pain and nonspecific lower back pain?
6. Describe the theoretical benefits behind performing exercises with kettlebells, heavy ropes, and suspension trainers.

Essay Questions

1. Describe the challenges mentioned by the author to research on the Olympic lifts.
2. Describe Karl Klein's study and its impact on the perceptions of the squat exercise.
3. Explain how the squat is experienced by the knee joint.
4. Describe the proper technique for running at maximum velocity.
5. Compare and contrast the theoretical benefits of core training with those documented by the literature.

Advanced

1. In this chapter, the author takes a position on core training. What is the author's position? If the author is correct, what implications does this have to the fitness industry? Do you agree with this position? Why or why not? Develop and support your argument.
2. What are the challenges behind the research linking the Olympic lifts and jumping? How does this challenge what we "know" about the strength and conditioning of athletes?
3. Kettlebells are touted as being the ultimate tool for lower back safety, increasing strength, increasing power, and increasing both anaerobic and aerobic conditioning. Do you agree or disagree? Support your view using the literature.