

WEIGHT TRAINING FOR LIFE
Chapter 1 Quiz

Name _____

- T F 1. You have an opportunity to participate in your own creation.
- T F 2. The objective in bodybuilding is to see who can lift the most total weight overhead.
- T F 3. Women achieve increases in muscular strength when they participate in properly planned weight training programs.
- T F 4. People under the age of 12 or over the age of 65 should not lift weights.
- T F 5. Weight training can contribute to physical, mental, social, emotional, and spiritual development.

WEIGHT TRAINING FOR LIFE
Chapter 2 Quiz

Name _____

- T F 1. Muscles developed through weight training will turn to fat when you stop training.
- T F 2. Proper weight training will result in a loss of flexibility.
- T F 3. Proper weight training can increase your speed.
- T F 4. Heavy lifting can cause a hernia.
- T F 5. Weight training requires long hours of training each week.