

2008-2009
Weight-Training Make-Up Assignment
Coach Johnson

Name: _____
Period: _____

Circle the correct answer to the following True/False questions.

(Terminology)

1. **Muscle** is the flesh of the body that makes up 40% of the body weight.

True/False

2. **Resistance** is the number of times one does a particular exercise.

True/False

3. **Repetitions** how much weight is being lifted.

True/False

4. **Set** is the number of groups of repetitions performed at the same station.

True/False

5. **Strength** is the ability of the muscle to apply maximum force.

True/False

6. **Rate** is the speed of the exercise being done.

True/False

7. **Endurance** is a conditioning process which includes stretching.

True/False

8. **Warm-Up** should be intense enough to increase body temperature.

True/False

9. **Weight-Training** is a form of progressive resistance to develop strength.

True/False

10. **Frequency** is the amount of time needed to perform an exercise.

True/False

11. **Duration** number of days used to perform an exercise.

True/False

12. **Intensity** training level of at least 70% and 85% maximal heart rate.

True/False

13. **Nutrition** is the amount of oxygen used per unit.
True/False
14. **Static Stretching** involves an easy relax held stretch movement.
True/False
15. **Flexibility** the range of motion in the joints or sequence of joints.
True/False
16. **Goal** the level of achievement one wishes to reach.
True/False
17. **Active Warm-Ups** refers to exercises to increase body temperature.
True/False
18. **Load** the resistance is progressively increased.
True/False
19. **Overload** amount of weight used for each exercise.
True/False
20. **Tension** muscles that by contracting actually cause movement.
True/False
21. **Weight-Lifting** is a competitive sport.
True/False
22. **Weight Strain** weights attached to a machine.
True/False
23. **Weight Machine** weights attached to a machine.
True/False
24. **Circuit Training** form of strength training utilizing three circuits.
True/False
25. **Lactic Acid** a by-product of muscle contraction.
True/False
26. **Carbohydrates** form of carbon-hydrogen and oxygen.
True/False
27. **Fats** are composed of carbon, hydrogen, and starches.
True/False

28. **Fats** energy is released when fats are burned with oxygen.

True/False

29. **Glycogen** the form in which carbohydrates are stored in the body.

True/False

30. **Fatigue** accumulation of lactic acid and other non-volatile acids.

True/False

(Weight Room Facts)

31. One should always use a spotter when performing a lift.

True/False

32. You should always use clips on the bar when performing a lift.

True/False

33. Stretching is **not** vital a component of weight training.

True/False

34. Weight Training and Stretching should be part of daily routine.

True/False

35. Hydration and nutrition is **not** a vital component of weight training.

True/False

