Certified Master Trainer

Practice Quiz 2

Correct Answers are at the bottom.

1. Training should mimic movements used in an athlete’s sport is derived from what principle?
   1. Progressive overload
   2. Specificity
   3. Sport training
   4. Athletic training
2. Gradual increase of stress placed on the body during exercise is the \_\_\_\_\_\_\_\_\_\_ principle.
   1. Mass building
   2. Progressive overload
   3. Specificity
   4. Hypertrophy
3. What is the safest form of cardio for clients with knee injuries?
   1. Swimming
   2. Running
   3. Jumping
   4. Hiking
4. All of the following are upper back muscles except?
   1. Rhomboids
   2. Lats
   3. Trapezius
   4. Semitendinosus
5. All of the following are muscles in the leg except?
   1. Vastus lateralus
   2. Vastus medialus
   3. Seratus anterior
   4. Semimembranosus
6. All of the following are primarily used for chest press except?
   1. Pectoralis minor
   2. Pectoralis major
   3. Levator scapulae
   4. External intercostals
7. Athletes should consume at least \_\_\_\_ grams of protein per day to maintain and/or gain muscle.
   1. 0.5 / kg bodyweight
   2. 1.8 / kg bodyweight
   3. 50
   4. 85
8. The vertical jump tests \_\_\_\_\_\_\_\_.
   1. Strength
   2. Power
   3. Flexibility
   4. Endurance
9. The following are common aerobic tests except?
   1. 1-mile
   2. 3-mile
   3. VO2max
   4. Sit-n-reach
10. Running at varied speeds and inclines is \_\_\_\_\_\_\_.
    1. Military training
    2. Cross country training
    3. Fartlek training
    4. Crossfit
11. A 1-RM bench press test is testing \_\_\_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. Endurance
    4. Flexibility
12. The maximal amount of force that can be produced by a muscle or group of muscles is \_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. ROM
    4. Endurance
13. The time that it takes to produce a given amount of force is \_\_\_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. Acceleration
    4. Momentum
14. The sit and reach test is commonly used to test \_\_\_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. Flexibility
    4. Endurance
15. Bench pressing 225 pounds for as many reps as possible is testing \_\_\_\_\_\_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. Endurance
    4. Flexibility
16. Type I fibers can be fully converted into Type IIb fibers if trained properly.
    1. True
    2. False
17. \_\_\_\_\_\_\_\_ fatigue the fastest.
    1. Type I
    2. Type Ia
    3. Type IIa
    4. Type IIb
18. \_\_\_\_\_\_\_\_ fatigue the slowest.
    1. Type I
    2. Type Ib
    3. Type IIa
    4. Type IIb
19. \_\_\_\_\_\_\_\_ are capable of producing the greatest force.
    1. Type I
    2. Type Ia
    3. Type IIa
    4. Type IIb
20. \_\_\_\_\_\_\_\_ are used primarily for marathons.
    1. Type I
    2. Type Ibx
    3. Type IIa
    4. Type IIb

Correct Answers:

1. B
2. B
3. A
4. D
5. C
6. C
7. B
8. B
9. D
10. C
11. A
12. A
13. B
14. C
15. C
16. B
17. D
18. A
19. D
20. A