

# AP Strength and Fitness

Name \_\_\_\_\_ Instructor \_\_\_\_\_ Date \_\_\_\_\_

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

1. Do you even lift?

- (a) Bruh?
- (b) Bruh.
- (c) Bruh ...
- (d) Bruh!

2. A healthy diet includes:

- (a) Little animal-based saturated fats
- (b) Little-animal-based saturated fats
- (c) Fat little animals sated with bass
- (d) Animals lilting fatuously “bases loaded”

3. Smoking is

- (a) Cool
- (b) Bad
- (c) Expensive
- (d) All of the above

4. There are some individuals who might be eating a healthy diet, exercising regularly, and lifting weights, but still have \_\_\_\_\_.

- (a) hygiene
- (b) ennui
- (c) osteoporosis
- (d) the Sunday Scaries

5. Which is not an essential amino acid?

- (a) Methionine
- (b) Leucine
- (c) Tryptophan
- (d) Isolde

6. Animal-based proteins have been shown to produce a rapid rise in postprandial blood EAA levels, which subsequently produces a large increase in muscle protein synthesis rates. Which is the best synonym for “postprandial” in this context?

- (a) occurring after the eating of shrimp
- (b) exdeglutitive
- (c) absolutely sabulous
- (d) peresculentative

7. EMOM stands for

- (a) e-mom
- (b) every minute on the minute
- (c) Ethel Merman, only Merman
- (d) English Mational Opera Morth (now Opera Morth)

8. As you know, Børge Fagerli coined the term “myorep” sometime in the mid 2000s. What was he talking about?
  - (a) Myosis Repugnandi (the ocular disgust reflex)
  - (b) One of any Alliance High Command intelligence reports regarding the infamous Abyssin scout, Myo, formerly of the Outer Rim territories
  - (c) Something about muscles and repetition
  - (d) The standard Metropolitan Youth Orchestra Repertoire
9. They say muscle hypertrophy follows a dose-response relationship, with increasingly greater gains achieved with higher training volumes.
  - (a) They do, do they?
  - (b) No discomfort, no expansion.
  - (c) Those dietary confoundings of results, tho.
  - (d) Sorry, I wasn’t listening?
10. From the following list, MWS and HWS, with respect to LWS, can best be described as
  - (a) weatherbeaten
  - (b) clothed with authority
  - (c) stale (*of bread, etc.*)
  - (d) narcotizing (*fig.*)
11. Which of the following does not cause muscle growth?
  - (a) Metabolic stress
  - (b) Mechanical tension
  - (c) Muscle damage
  - (d) Motivational interviewing
12. Pain in the chest often coincides with
  - (a) Miosis
  - (b) Meiosis
  - (c) Myosis
  - (d) Mayo
13. Thigh bone connected to the
  - (a) Knee bone
  - (b) Leg bone
  - (c) Hip bone
  - (d) Toe bone
14. The gastrocnemius is
  - (a) A specialist in motion pictures concerning restaurants
  - (b) The “tummy” of your shin
  - (c) Gut feeling
  - (d) An anagram of “goats or cis men”
15. In her well-known manual *Physiology and Calisthenics*, 1856, Catherine Beecher wrote: “The most terrible evils and deformities that afflict humanity have arisen from the abuses of \_\_\_\_\_.”
  - (a) the Auto-Tune device
  - (b) dress
  - (c) the Catholic church before the Reformation
  - (d) statistics
16. In his *Manual of Musical Drill and System of Physical Training for the use of Teachers in Schools*, George Cruden, A.M., prescribes these dimensions for Indian clubs:
  - For infants: 1 foot 8 inches by 3 inches
  - For adults: 2 feet 4 inches by 4 inches

What dimensions does he propose for use by boys and girls?

  - (a) 1 foot 9 inches by 4 inches
  - (b) 1 foot 11 inches by 3 inches
  - (c) 1 foot 11 inches by 4 inches
  - (d) 2 feet by 4 inches

17. The music to accompany the opening of ranks for the Indian Club Exercises in Cruden's *Manual* is a march in D major. This is interesting because the accompaniments for all the subsequent exercises are waltzes, exercises 1–10 of which are either in F major or B-flat major, while 11–18 were composed entirely in \_\_\_\_\_.
- (a) E-flat major
  - (b) G major
  - (c) C minor (Dorian mode)
  - (d) Asia Minor
18. In his *Swedish System of Educational Gymnastics*, 1891, Baron Nils Posse reminds us that “Medical gymnastics have been known in America under the name ‘Swedish Movements’.” By contrast, a classic live recording by jazz pianist and vocalist Les McCann is called
- (a) Norwegian Movement
  - (b) Swiss Movement
  - (c) Swabian Movement
  - (d) St. Nemevomh Sidews
19. In 1930, Juan Carlos Ceriani, an instructor in Montevideo, Uruguay, created a game for recreation in the YMCA called
- (a) Sitfit
  - (b) Balena
  - (c) Albal
  - (d) Futsal
20. In the 1985 film *Perfect*, which chronicles the appeal aerobics classes held for single people in that benighted decade, Adam Lawrence (played by John Travolta) engages in protracted pelvic exercises with Jesse Wilson (Jamie Lee Curtis), as a result of which he loses his
- (a) journalistic objectivity
  - (b) academic skepticism
  - (c) cartesian dualism
  - (d) human dignity (*Menschenwürde*)