

## FUSION FITNESS MIDTERM

Name \_\_\_\_\_

Answer all items completely. Students are encouraged to use the class online reading as a resource, but are expected to use their own words in their answers. That is, students are not to copy answers from others and are not to copy answers from the class reading or other resources. Completed exams are due on Monday, February 10 and may be brought to class, or placed in one of two places in the Wellness Center before 8:00 p.m. that day: either in my mailbox, located at the front desk, or under my office door (#0932B). If you have any questions, please leave them on my voice mail or send them via email before 5:00 p.m. on Sunday, 2/9/14. I will return messages by 7:00 p.m. on Sunday.

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1. The terms “stabilization” and “balance” have been mentioned in Fusion Fitness class on several occasions. Based on information from the “Core Strength Training” article, describe why these terms are relevant. (2 points)
2. If Anthony wants to emphasize muscular endurance improvement while Bryanna wants to emphasize muscular strength improvement, describe how their training modes will differ. (2 points)
3. A friend of yours is performing a ballistic hamstring stretch. Would you consider this stretch safe? Why or why not? (2 points)

4. In 2011 the American College of Sports Medicine (ACSM) issued guidelines on quantity and quality of exercise. Based on the below scenario, critique Chloe's cardiorespiratory exercise and flexibility exercise, using the ACSM guidelines as a reference. (2 points)
  - Chloe participates in 45 minutes of moderate intensity cardiorespiratory training three times per week.
  - Chloe participates in flexibility training by performing static stretching three times per week, holding each stretch until the muscle feels tight for 5 seconds, and performing each stretch twice.
  
5. Seongyong mildly strained a calf muscle while running around Green Lake. He took the following steps to self-treat his injury over the few days following the calf strain. Critique the steps, circling any activity that is considered inappropriate (NOT recommended): (2 points)
  - Seongyong iced his calf muscle for 15-20 minutes, three times per day
  - Seongyong wrapped his calf muscle with a bandage.
  - Seongyong went for extra-long runs to work through the pain.
  
6. Describe how, or give an example of how, the concept of "overload" is applied in Fusion Fitness class. (1 point)

7. List two exercises that work the back muscles AND two exercises that work the gluteal muscles. (2 points)

Back

Gluteals

A.

A.

B.

B.

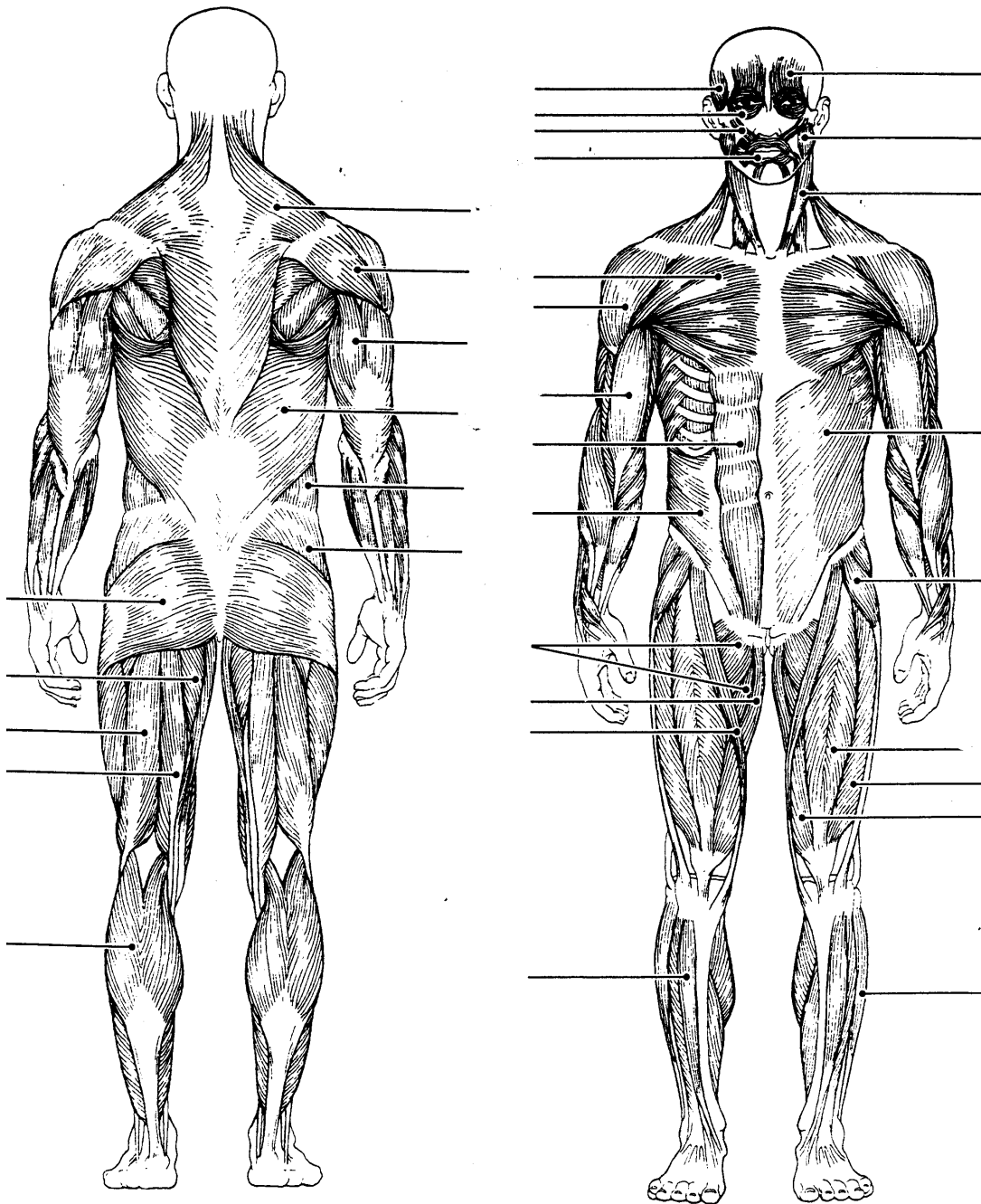
8. Choose one of the activities performed in Fusion Fitness so far and describe how that activity can affect a person's body composition when performed as part of a physical training program. (2 points)

9. According to the article, "Should Athletes Stretch Before Exercise," what does the research conclude about the stretching effects on delayed onset muscle soreness? (2 points)

10. A warm-up is performed before every Fusion Fitness session. Identify one physiological benefit associated with performing a warm-up. (1 point)

11. Describe why squats are performed instead of deep knee bends in Fusion Fitness class. (2 points)

**Muscle Identification.** Below you will find two diagrams and a list of five muscles beneath them. Identify only the five muscles muscles listed in their appropriate places. (1 point each)



Tibialis anterior  
Triceps brachii  
Anterior deltoid

Biceps femoris  
External oblique

**EXTRA CREDIT:**

Assess your progress so far in Fusion Fitness class AND describe what you would like to accomplish or focus on during the last half of the class. (2 points)

