**MUSCLE GROUPS IDENTIFICATION EXAM**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Period** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Score: \_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Write the name of the muscle on the blank line pointing to the muscle.

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**Directions**: (TRUE/FALSE) Write the entire word TRUE or FALSE in the space provided. Any other symbol or mark will be scored as incorrect.

1. \_\_\_\_\_\_\_ You should not scream or yell in the weight room because it makes it difficult for others to concentrate.

2. \_\_\_\_\_\_\_ Weight training will help to improve your flexibility.

3. \_\_\_\_\_\_ The cool-down is not as important as the warm-up and should only be performed if time permits.

4. \_\_\_\_\_\_\_ You should use the proper lifting technique even when lifting a light object from the floor.

5. \_\_\_\_\_\_\_ Barbell curls should be performed before lat pull downs because the biceps are more important then the latissimus dorsi.

6. \_\_\_\_\_\_\_ When performing the bench press, you should lift your hips off the bench to produce more power.

7. \_\_\_\_\_\_\_ You must “overload” your muscles to improve their size and endurance.

8. \_\_\_\_\_\_\_ Leg presses should be performed before leg curls.

9. \_\_\_\_\_\_\_ “Cadence” refers to the rate or speed at which a repetition is performed.

10. \_\_\_\_\_\_\_ You should lock your knee joints when performing the leg press because it’s easier and gives your muscles a chance to relax.

11. \_\_\_\_\_\_\_ You must use a spotter on all the required lifts.

12. \_\_\_\_\_\_\_ Sally should decrease the amount of weight she uses if she can perform one additional repetition above the amount desired while using proper form.

13. \_\_\_\_\_\_\_ You perform an exercise through the full range of motion if you move as far as possible in both directions.

14. \_\_\_\_\_\_\_ Triceps extensions should be performed after bench press.

15. \_\_\_\_\_\_\_ When performing triceps extensions, your elbows should be pointed straight down and remain in contact with the sides of your body.

**Directions**: (FILL IN THE BLANK) Fill in the blank with the correct word or phrase.

1. You should rest one to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes between sets.

2. You should inhale during the last \_\_\_\_\_\_\_\_\_\_\_\_\_ of the negative phase of a lift.

3. In applying the principle of progression, you should perform an exercise with proper form until muscular \_\_\_\_\_\_\_\_\_\_ or until unable to maintain correct form.

4. A program consisting of high repetitions and low weight will help to improve muscular \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_.

5. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should always be worn when performing shoulder presses.

6. A proper warm-up can help reduce the chance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. You should slightly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the weight used when you can perform one additional repetition above the desired amount while maintaining proper form.

8. A \_\_\_\_\_\_\_\_\_\_\_\_\_ consists of a group of repetitions.

9. The \_\_\_\_\_\_\_\_\_\_\_ muscle group is located on the back of the upper leg.

10. Consistent participation in a good weight-training program may help you to \_\_\_\_\_\_\_\_ your body fat.

**Directions**: (MULTIPLE CHOICE) Choose the best answer to complete each statement and write the letter in the space provided at the beginning of each question.

1. \_\_\_\_\_\_ The principle of \_\_\_\_\_\_\_\_\_\_ states that you must exercise a particular component of fitness to improve in that component.

 a. progression c. overload

 b. order d. specificity

2. \_\_\_\_\_\_ A program consisting of low repetitions and high weight will help to improve muscular \_\_\_\_\_\_\_\_\_\_ and size.

 a. flexibility c. strength

 b. endurance d. coordination

3. \_\_\_\_\_\_ The \_\_\_\_\_\_\_\_\_\_ principle states that a person must work at a level above that normally encountered in everyday activities in order to improve a component of physical fitness.

 a. overload c. overtime

 b. sequencing d. strength

4. \_\_\_\_\_\_ The time between your last set and the start of a new exercise should be no less than three minutes and no more than \_\_\_\_\_\_\_\_\_\_ minutes.

 a. ten c. three and one-half

 b. five d. seven

5. \_\_\_\_\_\_ The \_\_\_\_\_\_\_\_\_\_ muscle is located at the back of the upper arm.

 a. triceps c. biceps

 b. back arms d. quadriceps