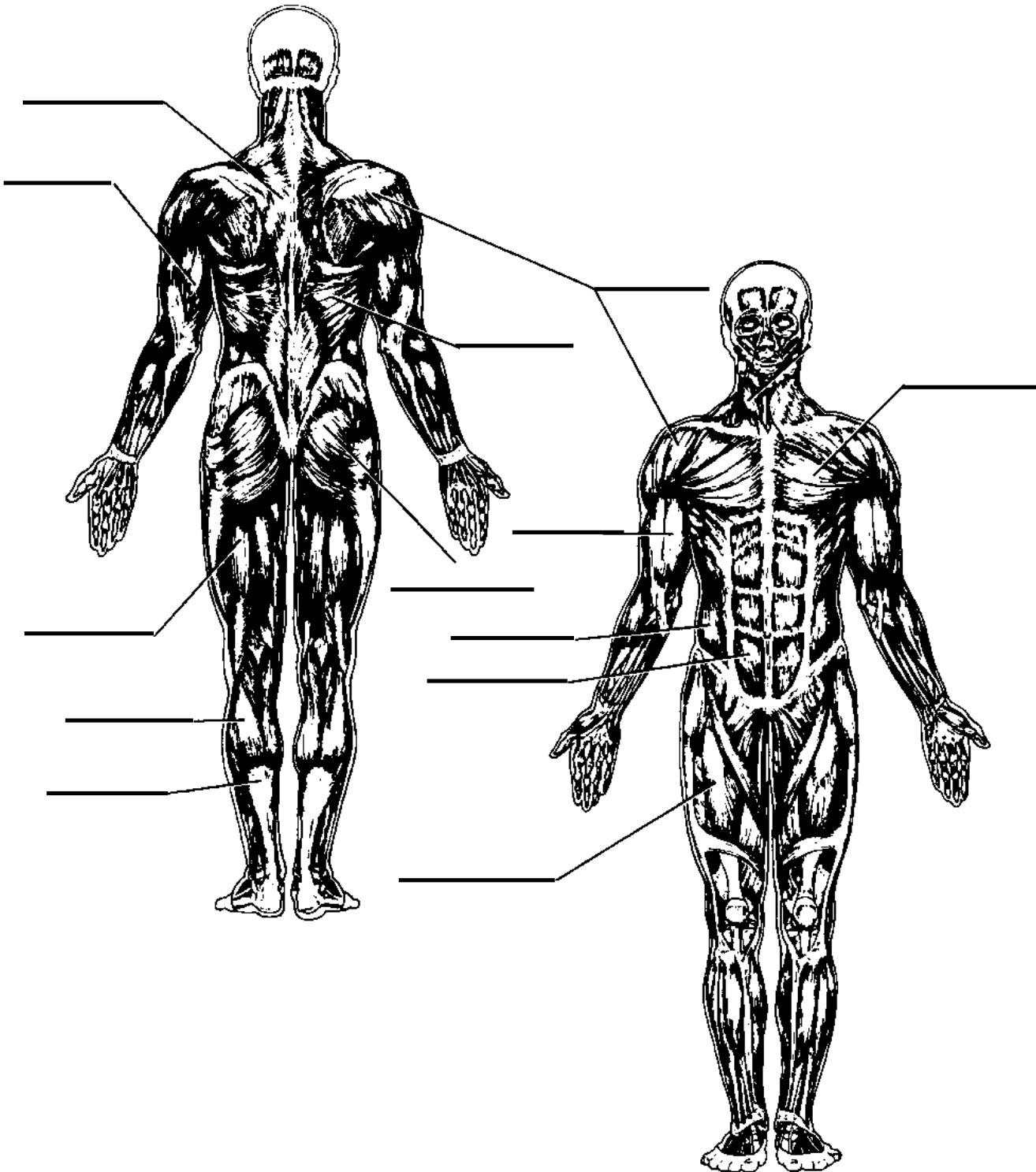


**MUSCLE GROUPS IDENTIFICATION EXAM**

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

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

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

## EXAM PAGE 2

**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 than 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
  - b. order
  - c. overload
  - d. specificity
2. \_\_\_\_\_ A program consisting of low repetitions and high weight will help to improve muscular \_\_\_\_\_ and size.
  - a. flexibility
  - b. endurance
  - c. strength
  - 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
  - b. sequencing
  - c. overtime
  - 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
  - b. five
  - c. three and one-half
  - d. seven
5. \_\_\_\_\_ The \_\_\_\_\_ muscle is located at the back of the upper arm.
  - a. triceps
  - b. back arms
  - c. biceps
  - d. quadriceps