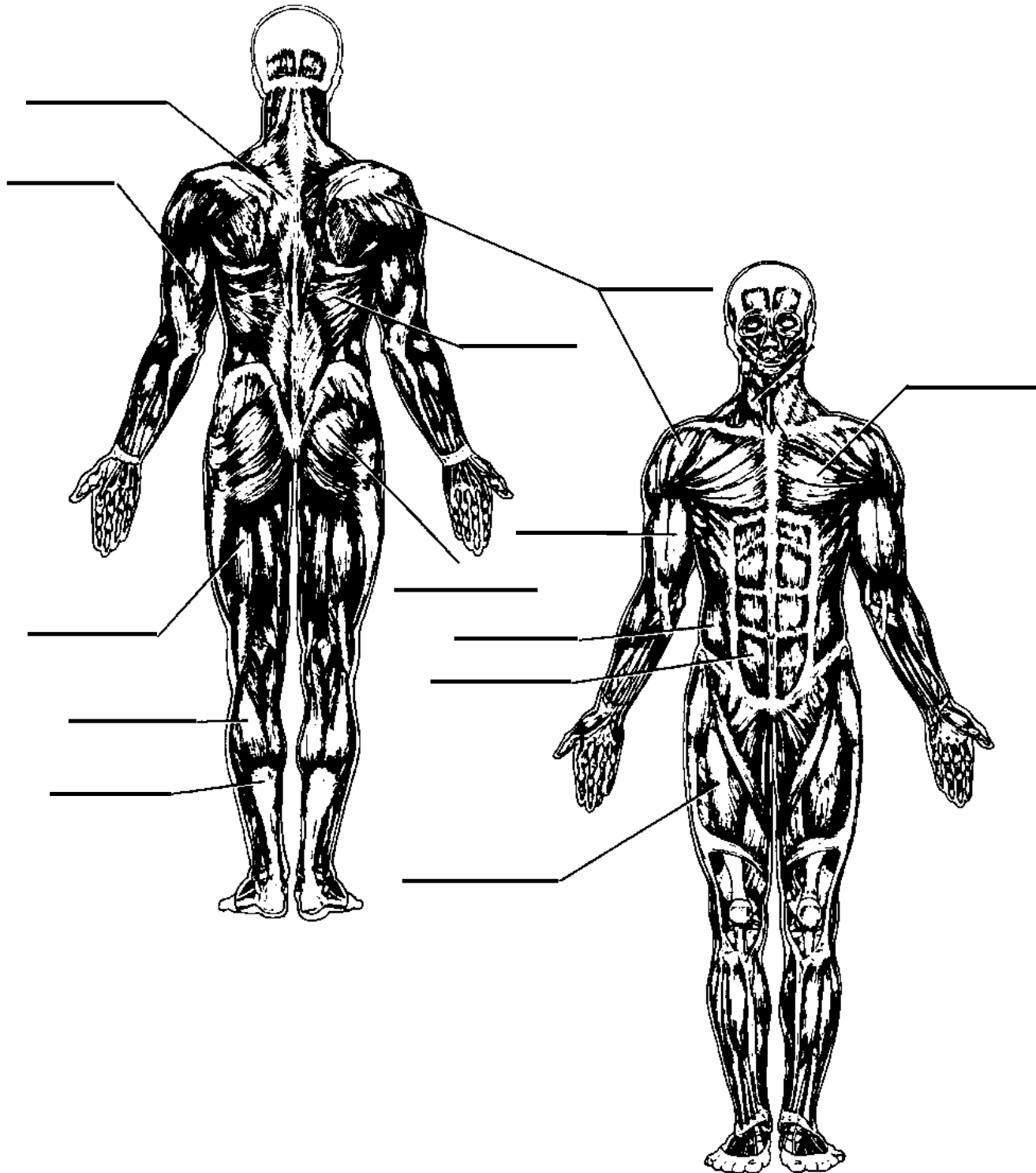


MUSCLE GROUPS IDENTIFICATION EXAM

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