

## APF Power Point Quiz 1

1. What are the 6 steps to a great fitness goal?
  - a. Written
  - b. Specific
  - c. Mesurable
  - d. Action Oriented
  - e. Realistic
  - f. Time Sensitive
2. What are the 5 health related fitness components
  - a. Muscular Endurance
  - b. Muscular Strength
  - c. Cardiovascular Endurance
  - d. Flexibility
  - e. Body Composition
3. What does F.I.T.T. stand for
  - F. Frequency
  - I. Intensity
  - T. Time
  - T. Type
4. The variation in the training volume and intensity is also known as **periodization.**
5. Describe the Principle of Progression.  
**Continual increase in demand to gain training effect.**
6. Describe the Principle of Overload.  
**Greater than normal load required for training effect.**

### APF Cardio Quiz

Calculate the Target Heart Zone of a person who is 27 years old and has a resting heart rate of 67.

2.  $220 - 27 = 193$  (MHR)
3. (MHR)  $193 - (\text{RHR}) 67 = 126$ (HRR)
4. (HRR)  $126 \times 60\% = 75.6 + (\text{RHR}) 67 = 142.6$ (energy efficient zone)
5. (HRR)  $126 \times 70\% = 88.2 + (\text{RHR}) 67 = 155.2$  (aerobic zone)
6. (HRR)  $126 \times 85\% = 107.1 + (\text{RHR}) 67 = 174.1$ (anaerobic zone)

Calculate the Target Heart Zone of a person who is 19 years old and has a resting heart rate of 79.

2.  $220 - 19 = 201$  (MHR)
3. (MHR)  $201 - (\text{RHR}) 79 = 122$ (HRR)
4. (HRR)  $122 \times 60\% = 73.2 + (\text{RHR}) 79 = 152.2$  (energy efficient zone)
5. (HRR)  $122 \times 70\% = 85.4 + (\text{RHR}) 79 = 164.4$ (aerobic zone)
6. (HRR)  $122 \times 85\% = 103.7 + (\text{RHR}) 79 = 182.7$ (anaerobic zone)

#### Zones

**60-70% \_Energy Efficient Zone**

**70-80% \_Aerobic Zone**

**80-90% \_Anaerobic Zone**

**90-100% \_Red Line Zone**

## Nutrition

8. How many calories are in a pound?
  - a. 2700
  - b. 3000
  - c. 3500
  - d. 4000
9. How should adjust your diet in order to build endurance?
  - a. Eat faster
  - b. Increase Fats
  - c. Increase Carbohydrates
  - d. Increase Proteins
10. What two nutrients help to build muscle?
  - a. Proteins and Fats
  - b. Proteins and Amino Acids
  - c. Proteins and Carbohydrates
  - d. Both A and C
11. If you were looking to lose weight at a recommended rate, how many calories would you be looking to burn each day?
  - a. 500-750
  - b. 150-300
  - c. 600-1000
  - d. 250-500
12. What percentage of your diet should consist of Fats?
  - a. 5-10%
  - b. 15-20%
  - c. 25-35%
  - d. 40-60%

## Workout Design

13. How can you change your workout to demonstrate intensity and type?
  - a. Change the muscle groups you lift
  - b. Change your sets and reps
  - c. Change your weight
  - d. Change your lifting partner

14. In order to have a workout that promotes weight loss, which components should be stressed?
- a. High repetitions with lower resistance
  - b. High resistance with lower repetitions
  - c. Increased rest time between sets
15. Increasing resistance throughout the workout to make it more difficult is a process known as
- a. Overload
  - b. Specificity
  - c. Progression
  - d. Trainability
16. This type of workout would best represent strength building
- a. 5X3
  - b. 4X8
  - c. 3X12
  - d. 2X20
17. In order to build cardiovascular endurance, what is the best heart rate range to be in?
- a. 45-50%
  - b. 65-80%
  - c. 75-85%
  - d. 85-100%

### Lifts

Match the lifts to the major muscles being worked.

- |                          |                     |
|--------------------------|---------------------|
| 18. __E__ Hammer Curls   | A. Deltoids         |
| 19. __C__ Leg Extensions | B. Triceps          |
| 20. __H__ Squats         | C. Quadriceps       |
| 21. __B__ Kickbacks      | D. Pectorals        |
| 22. __D__ Bench Press    | E. Biceps           |
| 23. __G__ Pull-ups       | F. Trapezius        |
| 24. __F__ Shrugs         | G. Latissimus Dorsi |
| 25. __A__ Military Press | H. Glute/Hamstrings |

Scenarios- pick the best answer

1. You are looking to decrease your mile time. You can start the mile just fine, though you get tired fast. Which type of training would be best for developing endurance and decreasing your mile time?
  - a. Interval training- Shorter duration of activity at a high level of intensity with longer durations of activity at a low level of intensity mixed in.
  - b. Cardiovascular Endurance training- Maintaining a moderate to high level of a heart rate and breathing rate for a long duration of time (20 minutes or higher).
  - c. Plyometric training- High intensity training geared more too fast twitch muscle fibers. Short durations of activity.
  
2. You have been struggling to lose weight. You are eating less and working out during the week, though your weight has not changed. What could be some issues that you need to address prior to meeting your goals?
  - a. It is not just how much you eat, it's what you are consuming. Take an honest look at your diet. Keep your carbohydrates at a low to moderate level, fats at a low level and proteins at a moderate to high level of your overall diet. With your workouts, keep your heart rate at a moderate to high level for the duration of the workout. Try not to focus on building muscle mass.
  - b. You should eat only three meals a day. Snacking (no matter how healthy) will not allow your body to break down the nutrients you ingest. Try not to eat any fats or carbohydrates. Protein is all the body needs. Workouts should consist of high weights with low reps. This will allow the body to use the protein to help build muscle.
  - c. Focus on cardio training only. The more active you are, the more calories you will burn. If you work out enough, you will lose weight and meet your goals.

3. Why should we only lose 1-2 pounds a week? The body is able to lose up to 5-7 pounds each week. The faster we lose the weight, the more time we have to focus on maintaining the weight loss, correct?
  - a. Incorrect, your body needs the gradual decrease to change its homeostasis and adjust to the new you. By losing 1-2 pounds a week your metabolism will adjust to the demands placed on the body. This weight loss is also extremely gradual and will not shock the body. It is also easier to cut 500 calories out of your diet than 2000.
  - b. Correct, shocking the system is a proven way to lose weight fast. The body will adjust no matter what you do to it. Just be consistent. Once you get to your desired weight, you can go back to the old you.
  
4. Why is a pyramid type of a workout (10,8,6,4,2) a good workout to build strength?
  - a. A pyramid is a great workout that is geared to specificity. If you want to improve your max, you need to specify in that one lift. This type of workout focuses solely on your lift.
  - b. A pyramid is a great workout that is geared around trainability. You are training the body to do the lift correctly and focus on form.
  - c. A pyramid is a great workout that is geared around progression. As you decrease your reps you are increasing your weight. Progression is a principle that helps to build strength.
  
5. If you had to make up a workout that is geared to toning muscle, what is the biggest factor you need to take into consideration?
  - a. Weight, you want to work at a weight that is moderate too difficult to lift. This will increase muscle size which in returns tones the muscle.
  - b. Repetitions, you want to work at a higher level of repetitions. This will focus on muscle breakdown and increase cardio which in return tones the muscle.
  - c. Sets, no matter how much weight you use or amount of times you lift it, the number of sets will determine if you are toning the muscle.