

PT-test3

True/False

Indicate whether the sentence or statement is true or false.

- ___ 1. Generally, a high rate of acceleration during the movement phase of a sports skill will result in a greater length and importance of the follow-through phase.
- ___ 2. Some athletes may begin follow-through too late which can cut short the movement phase.
- ___ 3. The “Kinetic Chain Concept” indicates that our extremities consist of several bony segments linked by a series of joints.
- ___ 4. Most physical activity, particularly those that involve the lower extremity, requires multiple joint activities involving single muscle groups.
- ___ 5. Movements involving “Closed Kinetic Chain” are considered to be very functional, particularly for the lower extremities.
- ___ 6. When determining appropriate conditioning exercises one should consider the open versus closed kinetic chain demands of the activity through analysis of skilled movements.
- ___ 7. All sports involve closed-chain lower extremity activities and open-chain upper extremity activities.
- ___ 8. The “Valsalva Maneuver” is when one holds his/her breath while attempting to lift heavy weights or trying to exhale against a open epiglottis.
- ___ 9. Proper weight lifting technique involves exhaling during lifting and inhaling during lowering.
- ___ 10. While performing the pull-up phase of a dumbbell bent-over row the wrist and hand perform flexion.
- ___ 11. During the return phase of a lat pull-down the elbow is performing flexion.

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ___ 12. Which of the following statements is not true regarding the “movement phase” in sport skills?
 - a. sometimes known as the acceleration, action, motion, or contact phase
 - b. generally involves high amounts of eccentric activity
 - c. summation of force is generated directly to the ball, sport object, or opponent
 - d. usually characterized by near-maximal concentric activity in involved muscles

- _____ 13. Which of the following statements is not true regarding the “follow-through phase” of sports skills?
- a. begins immediately prior to the climax of movement phase
 - b. brings about negative acceleration of involved limb or body segment
 - c. often referred to as the deceleration phase
 - d. body segment velocity progressively decreases
- _____ 14. Which of the following statements is not true regarding the “recovery phase” of sports skills?
- a. used after follow-through to regain balance
 - b. needed to get repositioned for the next possible sport movement
 - c. not needed in some sports activities
 - d. involves more total force production by muscles than any other phase except for the movement phase
- _____ 15. What plane divides the body into top and bottom halves and consists of internal and external rotation movements?
- a. transverse
 - b. frontal
 - c. saggital
 - d. posterior
- _____ 16. How many repetitions are performed during resistance training in Phase 3 of the Optimum Performance Training Model?
- a. 1-15
 - b. 15-20
 - c. 6-12
 - d. over 25
- _____ 17. Vessels that transport blood away from the heart are called
- a. arteries
 - b. veins
 - c. venules
 - d. atrium
- _____ 18. The alignment and function of all components of the kinetic chain at any given moment is known as
- a. neuromuscular efficiency
 - b. posture
 - c. functional efficiency
 - d. postural equilibrium
- _____ 19. Which of these muscles would be MOST appropriate to stretch if your client demonstrates an excessive forward lean during an overhead assessment?
- a. Hip flexor complex
 - b. Internal oblique
 - c. Medial hamstring
 - d. Rhomboids
- _____ 20. When performing core exercises what is the correct position for a client's cervical spine?
- a. cervical protraction
 - b. cervical extension
 - c. cervical neutral position
 - d. cervical rotation
- _____ 21. Which of the following bioenergetic pathways PRIMARILY break down carbohydrates to rapidly produce ATP?
- a. ATP-CP
 - b. Glycolysis
 - c. oxidative
 - d. aerobic

Name: _____

ID: A

Completion

Complete each sentence or statement.

22. The typical adult heart rate is ____ - ____ bpm
23. The typical adult stroke volume is _____ - _____ mL/beat

Short Answer

24. Information that is gathered from a prospective client to give the health and fitness professional feedback regarding personal history such as occupation, lifestyle and medical background.
25. A purposeful system or plan put together to help an individual achieve a specific goal.
26. A study that uses principals of physics to quantitatively study how forces interact within a living body.
27. A substance that completes or makes an addition to daily dietary intake.
28. name the 6 components of training under the opt model
29. name five components of the kinetic chain assessment
30. corrective exercise training goals

PT-test3
Answer Section

TRUE/FALSE

1. ANS: T
2. ANS: F
3. ANS: T
4. ANS: F
5. ANS: T
6. ANS: T
7. ANS: F
8. ANS: F
9. ANS: T
10. ANS: T
11. ANS: F

MULTIPLE CHOICE

12. ANS: B
13. ANS: A
14. ANS: D
15. ANS: A
16. ANS: C
17. ANS: A
18. ANS: B
19. ANS: A
20. ANS: C
21. ANS: B

COMPLETION

22. ANS: 70-80
23. ANS: 75-80

SHORT ANSWER

24. ANS:
Subjective Information
25. ANS:
Program Design
26. ANS:
Biomechanics

27. ANS:
Dietary Supplement
28. ANS:
flexibility, cardiorespiratory, core,balance, power, strength
29. ANS:
posture, movement, strength, flexibility, and athletic performance
30. ANS:
CET corrects muscle imbalances, reconditions injuries, prepares body for training,
prevents training overload, enhances adaptation, improves the body's work capacity and
improves stabilization strength.

A 13.

 T 1.

 D 14.

 F 2.

 T 3.

 A 15.

 F 4.

 T 5.

 C 16.

 T 6.

 A 17.

 F 7.

 F 8.

 B 18.

 T 9.

 T 10.

 A 19.

 F 11.

 C 20.

 B 12.

 B 21.

TRUE/FALSE

(T) (F)

- | | | | | | |
|-----|-----|-----|-----|-----|-----|
| 1. | (A) | (B) | (C) | (D) | (E) |
| 2. | (A) | (B) | (C) | (D) | (E) |
| 3. | (A) | (B) | (C) | (D) | (E) |
| 4. | (A) | (B) | (C) | (D) | (E) |
| 5. | (A) | (B) | (C) | (D) | (E) |
| 6. | (A) | (B) | (C) | (D) | (E) |
| 7. | (A) | (B) | (C) | (D) | (E) |
| 8. | (A) | (B) | (C) | (D) | (E) |
| 9. | (A) | (B) | (C) | (D) | (E) |
| 10. | (A) | (B) | (C) | (D) | (E) |
| 11. | (A) | (B) | (C) | (D) | (E) |

MULTIPLE CHOICE

- | | | | | | |
|-----|-----|-----|-----|-----|-----|
| 12. | (A) | (B) | (C) | (D) | (E) |
| 13. | (A) | (B) | (C) | (D) | (E) |
| 14. | (A) | (B) | (C) | (D) | (E) |
| 15. | (A) | (B) | (C) | (D) | (E) |
| 16. | (A) | (B) | (C) | (D) | (E) |
| 17. | (A) | (B) | (C) | (D) | (E) |
| 18. | (A) | (B) | (C) | (D) | (E) |
| 19. | (A) | (B) | (C) | (D) | (E) |
| 20. | (A) | (B) | (C) | (D) | (E) |
| 21. | (A) | (B) | (C) | (D) | (E) |