Sculpting Her Body Perfect

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LEARNING OBJECTIVES

After reading *Sculpting Her Body Perfect*, the participant will be able to:

1. Understand an in-depth and educational review of safe and effective exercises for performance, body conditioning and definition

2. Identify the detailed exercise physiology, biomechanics and proper lifting techniques to increase shape and muscular strength in women.

3. Recognize how to prevent injuries and use the appropriate protocols for success.

4. Understand safe workouts during pregnancy, and special considerations of resistance training for females.

5. Identify numerous ways to increase muscular endurance, aerobic fat burning and definition for sport specific training.

6. Recognize corrective training techniques, flexibility and strength exercises for optimal results.

7. Know how to design resistance-training routines for body conditioning, toning and shaping.

8. Easily understand and identify all of the muscles functions during exercise.

9. Understand about the physiological differences for women regarding hormonal fluctuations, storing body fat and the role of small amounts of testosterone.

10. Learn how goals, mind muscle connection, isolation and compound movements can provide exceptional long term results.
11. Identify the best options, and consider the factors to ensure a safe training environment to benefit and help improve body image and self-confidence.

12. Recognize how to create a well-designed training program using multi and single joint exercises.

13. Understand the female physical and psychological developmental, exercise modalities and safety precautions for sculpting a perfect body.

14. Identify the differences and advantages of exercise duration, and the number of training days per week to ensure training success.

15. Recognize the best types of core, stretching, warm up and flexibility exercises needed for progression and to use for specific training programs.

16. Know how to design different training model for a body conditioning, toning, shaping, body sculpting and maintenance.

17. Recognize how variations such as resistance, repetitions, and sets vary accordingly based on the training program.

18. Understand the philosophy of aerobics, their myths, training protocols, their guidelines and when to perform them.

19. Understand the substantial differences between functional anatomy, muscle biomechanics and the many ways to safely apply resistance-training programs for women.

20. Know the differences and application of the low, moderate and high intensity cycles for the high energy fitness system of resistance training.

21. Recognize de-training, assessment forms and training strategies for optimal results.

22. Discover the prevailing misconceptions between muscle and fat and their roles in resistance training and performance.
23. Identify the importance of EPOC and its incredible advantages to sculpting and shaping your physique.

24. Discover how to build an essential foundation for life essential techniques and exercise combinations.

25. Learn how to pace, vary, and effectively execute your performance and physique to another level for life.
CEC/CEU Test for Sculpting Her Body Perfect

Remember to choose the BEST answer for each question.

1. Based on goal sets, goals must _____?
   a. Be quantifiable
   b. Be attainable
   c. Have measurable parameters
   d. All of the above

2. For a goal to be attainable it must be _____?
   a. 30 days
   b. 60 days
   c. Long term
   d. Realistic

3. Reviewing goals allows consistency with your present _____?
   a. VO2 max
   b. 1RM
   c. Objectives
   d. Routine

4. A mind muscle connection is the ability to visualize a muscle and feel it working through a _____ range of motion?
   a. Concentric
   b. Partial
   c. Eccentric
   d. Complete
5. Developing a mind muscle connection allows you to _____ your muscles more effectively?

   a. Compound  
   b. Stress   
   c. Isolate   
   d. Quantify

6. Which is NOT a muscle group in the back?

   a. Rhomboids  
   b. Teres major  
   c. Trapezius  
   d. All of the above are upper back muscles

7. Which is a muscle of the hamstrings?

   a. Semitendinosus  
   b. Semimembranosus  
   c. Bicep femoris  
   d. All of the above

8. As a rule, compound movements involve the action of _____ joints?

   a. 0  
   b. 1  
   c. 2  
   d. 3

9. As a rule, isolation movements involve the action of _____ joints?

   a. 0  
   b. 1  
   c. 2  
   d. 3
10. A squat is a _____ movement?

a. Isolation
b. Compound
c. Both A and B
d. Neither A or B

11. A leg extension is definitely a _____ movement?

a. Isolation
b. Compound
c. Both A and B
d. Isotonic

12. Compound movements help strengthen the _____ tissue supporting your muscles?

a. Internal
b. External
c. Connective
d. Scare

13. The degree to which a particular muscle can isolate is somewhat _____?

a. Abducted
b. Adducted
c. Limited
d. Unlimited

14. By nature, biceps and triceps involve how many joint(s)?

a. 0
b. 1
c. 2
d. 3
15. A lat pulldown is NOT a _____?

a. Isolated movement
b. Compound movement
c. Abducted movement
d. Externally rotated movement

16. Strength training can best be described as the ability to produce maximal _____?

a. Flexion
b. Metabolism
c. Force
d. Synthesis

17. A well designed exercise machine can provide _____ resistive force in weaker muscles?

a. Less
b. Equal
c. More
d. None of the above

18. Dumbbells force both sides of your body to work _____?

a. Separately
b. Equally
c. Horizontally
d. Vertically

19. Cable exercises supply _____ tension to your muscles?

a. Continuous
b. Uneven
c. Sub-Acute
d. Fifty Percent
20. Due to safety precautions, women over _____ years old a check and clearance is mandatory.

a. 40  
b. 45  
c. 50  
d. 55

21. How many ounces of fluid should be consumed immediately before a workout?

a. 6  
b. 12  
c. 16  
d. 8

22. The component(s) of a warm up is _____?

a. General  
b. Specific  
c. Both A and B  
d. Superfluous

23. Based upon warming up, fluid viscosity is _____?

a. Increased  
b. Reduced  
c. Doubled  
d. Ozinated

24. A warm up increases the uptake of _____?

a. Hydration  
b. Synovial Fluid  
c. Carbon Dioxide  
d. Red Blood Cells
25. A warm up enhances _____ efficiency?

a. Biokenetic  
b. Chemical  
c. Golgi tendon  
d. Neuromuscular

26. An overstretched muscle is called a _____?

a. Impingement  
b. Condile  
c. Stretch reflex  
d. None of the above

27. Stretching _____ exercising, does little to prevent an injury?

a. After  
b. Before  
c. During  
d. Both A and C

28. Start your stretching program with the _____?

a. Single joint movers  
b. Upper extremities  
c. Multi joint movers  
d. Lower extremities

29. On average, you should remain on a body conditioning routine for _____?

a. 9 months  
b. 3 to 6 months  
c. 2 months  
d. 4 weeks Overuse
30. Based on body conditioning protocols, for each muscle group use _____ exercise(s) per training session?

a. 1  
b. 2  
c. 3  
d. 4

31. Based on body conditioning protocols, perform _____ set(s) of each exercise?

a. 1  
b. 2  
c. 3  
d. 4

32. Based on body conditioning protocols, you should rest _____ seconds between sets?

a. 30  
b. 60  
c. 90  
d. 120

33. Based on body conditioning protocols, repetitions should consist of _____ per set?

a. 10  
b. 12  
c. 15  
d. 15-20

34. After the age of _____ women loss about 1% muscle mass and bone density yearly?

a. 35  
b. 40  
c. 45  
d. 50
35. A good strength-training program does NOT rely on _____?
   a. Comprehension
   b. Militaristic discipline
   c. Preparation
   d. Core assessment

36. In the beginning stages of training, it’s best to train _____ muscle groups first?
   a. Open chain
   b. Small
   c. Large
   d. Single joint

37. After 4 to 6 weeks of training, start to incorporate _____ exercise into the routine?
   a. Close chain
   b. Isolation
   c. Plyometric
   d. None of the above

38. You should _____ between sets, when exercising unilateral movements?
   a. Avoid rest
   b. Rest
   c. Increase oxygen
   d. Use neuromuscular facilitation

39. On average, expect to remain in the toning and shaping exercise phase for _____?
   a. 10 weeks
   b. 6 months
   c. 1 month
   d. 6 weeks
40. Based on the toning and shaping protocols, for each muscle group use _____ exercise(s) per training session?

a. 1  
b. 2  
c. 3  
d. 4  

41. Based on the toning and shaping protocols, perform _____ set(s) of each exercise?

a. 1  
b. 2  
c. 3  
d. 4  

42. Based on the toning and shaping protocols, you should rest _____ seconds between sets?

a. 30  
b. 60  
c. 90  
d. 120  

43. Based on the toning and shaping protocols, repetitions should consist of _____ per set?

a. 10  
b. 12  
c. 15  
d. 15-20  

44. The word anabolic can be best described as _____?

a. To build  
b. To reproduce  
c. A precursor  
d. A stimulant
45. The overload principle, requires you to _____ your bodies work threshold?

a. Decrease  
b. Exceed  
c. Minimize  
d. Rest

46. Homeostasis refers to _____?

a. Hypertrophy  
b. Hyperplasia  
c. Equilibrium  
d. Gluconeogenisis

47. Which is a protective response to muscular overload?

a. epinephrine  
b. nor- epinephrine  
c. Electronic muscle stimulation  
d. Golgi tendon

48. The rectus abdominus contains _____?

a. Fast twitch fibers  
b. Slow twitch fibers  
c. All horizontal fibers  
d. Both A and B

49. Two consecutive exercises with no rest between them are known as a _____?

a. Compound set  
b. Giant set  
c. Super set  
d. Peak set
50. What type of movement would not translate well in a super set?

a. Compound
b. Isolate
c. Unilateral
d. Lateral

51. There are _____ categories of major muscles?

a. 5
b. 6
c. 7
d. 9

52. Based on the body sculpting protocols, for each muscle group use _____ exercise(s) per training session?

a. 1
b. 2
c. 2 to 4
d. synergy training

53. Based on the body sculpting protocols, perform _____ set(s) of each exercise?

a. 1
b. 2 to 4
c. interval
d. high intensity

54. Based on the body sculpting protocols, you should rest _____ seconds between sets?

a. 30
b. 60
c. 90
d. 120
55. Based on the body sculpting protocols, repetitions should consist of _____ per set?

a. EPOC  
b. 6 to 12  
c. 15  
d. 15-20

56. A _____ set incorporates 3 or more different exercises in succession?

a. Compound  
b. Super  
c. Giant  
d. Static contraction

57. The chest muscle fibers attach at _____ bones?

a. 1  
b. 2  
c. 3  
d. 4

58. Incline chest exercise angles should be at _____ degrees for the best results?

a. 30 to 40  
b. 10 to 20  
c. 40 to 50  
d. 20 to 30

59. Chest exercises performed on a low cable cross over targets the_____?

a. Upper chest fibers  
b. Mid chest fibers  
c. Lower chest fibers  
d. Both B and C
60. Why do some women tend to neglect the back?

a. Women may not feel these muscles are functionally important
b. They are not readily apparent when they look in the mirror
c. Women may feel muscular development will defeminize them
d. Because they are concerned with repetitive stress injury

61. The shoulder is abducted and externally rotated in which exercise?

a. T-Bar rows
b. Dumbbell pullover
c. Behind the neck lat pulldown
d. One arm rows

62. A good alternative to a dumbbell pullover is a _____?

a. One arm dumbbell row
b. Seated row
c. Low row
d. Straight arm pulldown

63. How many heads does the deltoid have?

a. 2
b. 4
c. 3
d. None of the above

64. An overhead shoulder press targets the _____ deltoid?

a. Posterior
b. Medial
c. Lateral
d. Anterior
65. Lateral shoulder raises target the _____ deltoid?

a. Posterior  
b. Medial  
c. Lateral  
d. Anterior

66. Bent over lateral shoulder raises target the _____ deltoid?

a. Posterior  
b. Medial  
c. Lateral  
d. Anterior

67. The rear deltoids need direct stimulation from _____ movement?

a. Vertical  
b. Horizontal  
c. Compound  
d. Isolation

68. The width of the shoulder is dictated by the _____ deltoid head?

a. Posterior  
b. Medial  
c. Lateral  
d. Anterior

69. A behind the neck shoulder press causes _____?

a. impingement of the rotator cuff  
b. Bicep- Scapula hyperextension  
c. Trapezius - Deltoid adduction rotation  
d. None of the above
70. What type of exercise is an Arnold press?

a. Back  
b. Chest  
c. Shoulder  
d. Unilateral

71. Your arms should be at _____ when completing a shoulder machine lateral raise?

a. Shoulder level  
b. Below shoulder level  
c. Above shoulder level  
d. 60 degrees

72. The long head of the bicep crosses _____ joint?

a. The elbow  
b. The shoulder  
c. Both A and B  
d. Neither A or B

73. The bicep is more active during exercises when the shoulder is _____?

a. Flexed  
b. Abducted  
c. Extended  
d. Adducted

74. The _____ grip maximizes stress to the biceps?

a. Neutral  
b. Supinated  
c. Both A and B  
d. Pronated
75. Schedule issues may affect the frequency of training, however training fewer than _____ days a week may not be optimal?

a. Three  
b. Four  
c. Five  
d. None of the above

76. Which movement limits the length of the biceps long head?

a. Preacher curls  
b. Concentration curls  
c. Prone incline curls  
d. All of them

77. Which bicep movement primary targets the brachialis?

a. Hammer curls  
b. E-Z curls  
c. Cable curls  
d. Incline curls

78. The length of your bicep is determined by _____?

a. Fast twitch fibers  
b. Slow twitch fibers  
c. Genetics  
d. Lactic acids

79. Which grip emphasizes the forearm muscles in bicep movements?

a. Neutral  
b. Supinated  
c. Both A and B  
d. Pronated
80. What angle degree should you be at while performing an incline bicep curl?

a. 30 degree  
b. 45 degree  
c. 60 degree  
d. 75 degree

81. In which exercise is the long head of the triceps in full stretch position?

a. Overhead extensions  
b. Kickbacks  
c. Dips  
d. Pressdowns

82. Which tricep exercise does NOT put stimulation to the medial and lateral triceps head?

a. Overhead extensions  
b. Kickbacks  
c. Dips  
d. Pressdowns

83. Which tricep exercise uses all the triceps heads about equal?

a. Kickbacks  
b. Rope pushdowns  
c. Lying tricep extension  
d. Dips

84. Which tricep head(s) is primary targeted when performing rope pushdowns?

a. Long head  
b. Medial head  
c. Lateral head  
d. All of the above
85. Quadriceps exercises are _____?

a. Compound movements  
b. Inner thigh exercises  
c. Isolation movements  
d. All of the above

86. A leg extension is an example of a _____?

a. Multi joint movement  
b. Single joint movement  
c. Both A and B  
d. Compound movement

87. A front squat targets the front thighs, and minimizes activation of the _____?

a. Glutes  
b. Hamstrings  
c. Bicep femoris  
d. Semitendinosus

88. What leg exercise is contraindicated with a knee problem?

a. Front kicks  
b. Abductor cable pulls  
c. Hack squats  
d. Lying adduction

89. The rectus femoris is especially targeted while performing _____?

a. Bent-over dumbbell laterals  
b. Superman exercise on a Swiss ball  
c. Reverse hyperextension  
d. Sissy squats
90. Exercises for the hamstrings are activated at the _____?

a. Hip joint  
b. Hip and knee joint  
c. Periformus joint  
d. Semimembranosus

91. Abductor exercises minimally activate which muscle?

a. Quadriceps  
b. Hamstrings  
c. Gluteus medius  
d. Gluteus minimus

92. How many joints are used to perform stiff legged dead lifts?

a. 0  
b. 1  
c. 2  
d. 3

93. How many joints are used to perform “good morning” exercise?

a. 0  
b. 1  
c. 2  
d. 3

94. Butt squeeze exercises are a good example of what type?

a. Isokenetic  
b. Isotonic  
c. Isotension  
d. Isomotion
95. Turning your legs slightly outward while performing leg curls will substantially target the ____?

a. Semitendinosus  
b. Semimembranosus  
c. Bicep femoris  
d. Low back erectors

96. Turning your legs slightly inward while performing leg curls will substantially target the ____?

a. Semitendinosus  
b. Semimembranosus  
c. Bicep femoris  
d. Both A and B

97. Straight legged calf exercises emphasis the ____?

a. Soleus  
b. Gastrocnemius  
c. Plantar fascia  
d. Superspinatus

98. Bent leg calf exercises emphasis the ____?

a. Soleus  
b. Gastrocnemius  
c. Miniscus  
d. Internal rotators

99. If your waist is thick or blocky, which abdominal area should NOT be trained with high intensity?

a. Obliques  
b. Serratus interior  
c. Rectus Abdominus  
d. None of the above
100. An effective way to perform your abdominal training routine is _____?

a. At a slight right angle
b. In a giant set
c. To all out failure
d. Slightly hyper-extended