

Strength Band Training

CORRESPONDENCE EDUCATION PROGRAM # 138.

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Strength Band Training Course Objectives

After completing the Strength Band Training course, the participant will:

1. To understand the basic anatomy of the body during elastic resistance exercise (ERT)
2. To gain knowledge in the specific muscles targeted during various exercises
3. To understand how to apply various ERT exercises to specific sports
4. To understand how to correctly perform various ERT exercises
5. To gain knowledge in various attachments and appliances that can be used while implementing ERT
6. To understand the concept of concentric and eccentric movements while using ERT
7. To incorporate the use of stabilizers while using ERT



Strength Band Training Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. If a client performs an elastic resistance strength program for 6 weeks, how much might their strength increase?
 - A. 10-30%
 - B. 40-50%
 - C. 50-70%
 - D. 70-100%
2. Which is not considered an advantage of using elastic resistance?
 - A. Portability
 - B. Versatility
 - C. Development of isokinetic strength
 - D. Low cost
3. Which is not a valid argument to show that elastic resistance training (ERT) is functional?
 - A. Exercises are not restricted by single plane of motion
 - B. A strength curve is actually produced
 - C. ERT can replicate multi-joint activities
 - D. Increasing force of the bands is counter to the increasing-decreasing bell shaped muscular strength curve
4. All of the following are appropriate safety tips for using ERT EXCEPT:
 - A. Stretch the bands to more than 3x its resting length
 - B. Never pull the band directly towards your face
 - C. Make sure you pull against the natural swing of the door when using a door anchor
 - D. Do not let the band snap back
5. You can tailor the ERT program to individual goals by doing all of the following EXCEPT:
 - A. Vary the level of resistance
 - B. Vary the length of the band
 - C. Vary the speed of the exercise
 - D. Vary the number of repetitions
6. If the focus of a workout is low-intensity endurance, what is the correct volume of training?
 - A. 10-12 reps
 - B. 20-25 reps
 - C. 70-75% 1 RM
 - D. 55-60% 1 RM

7. Which of the following is not an appropriate precaution for beginning an exercise program?
 - A. Seek your doctor's approval before you begin
 - B. See a physical therapist before you begin if you have chronic pain
 - C. Contact your physician if you have any soreness within 3 days
 - D. Some soreness is expected
8. Why are most of the exercises in this book shown in a standing position?
 - A. To make the exercises easier for beginners
 - B. To improve strength in isolated muscles
 - C. It is easier to photograph
 - D. To improve core stability and balance
9. What affects the strength curve?
 - A. Thickness of the elastic band
 - B. Line of pull
 - C. Strength of the client
 - D. Length of the elastic band
10. All of the following are appropriate care for your elastic bands EXCEPT:
 - A. Inspect the band for tears
 - B. Use gentle soap and water to clean
 - C. Lay the bands flat in order to dry
 - D. Leave them in your hot car
11. How can you more effectively stretch a muscle?
 - A. Stretch in a room with a temperature of 105 degrees
 - B. Push 10% beyond what you think you can do
 - C. Relax the muscle completely
 - D. Contract the muscle before you stretch it
12. Which type of stretch utilizes neurological control of muscles through proprioception?
 - A. Active stretching
 - B. Ballistic stretching
 - C. PNF
 - D. Passive stretching
13. All are proper techniques for the hold-relax PNF stretch EXCEPT:
 - A. Isotonically hold the stretch for about 5 seconds
 - B. Take the joint to the end range of motion
 - C. Hold the new stretch position for 10-30 seconds
 - D. Repeat the process 3-4 times.
14. When performing the Hip Flexor Stretch for the iliopsoas, how long do you hold the contraction?
 - A. 60 seconds
 - B. 30 seconds
 - C. 2-6 seconds
 - D. 45 seconds
15. How long do you hold the final stretch in the Piriformis stretch?
 - A. 60 or more seconds
 - B. 30 or more seconds
 - C. 2-6 seconds
 - D. 10-30 seconds

16. What is the difference between the Quadriceps stretch and the Iliopsoas stretch?
- A. During the contraction phase, you straighten the leg for the quad stretch vs. lifting the hip for the iliopsoas
 - B. During the contraction phase, you straighten the leg for the iliopsoas stretch vs. lifting the hip for the quad stretch
 - C. The band is wrapped around the lower leg for the iliopsoas stretch
 - D. The band is wrapped around the thigh for the quadriceps stretch
17. What is typically the most popular form of elastic resistance exercises?
- A. Multi-joint exercises
 - B. Isolated joint exercises
 - C. Strength exercises
 - D. Weight bearing exercises
18. When performing the Lateral Raise exercise, which of the following is not proper technique?
- A. Keep the wrist straight
 - B. Keep the shoulder blades down
 - C. Place the tube under your feet
 - D. Stand with your feet together
19. When performing the Scaption exercise, at what are the shoulders?
- A. 30 degrees
 - B. 20 degrees
 - C. 90 degrees
 - D. 180 degrees
20. What is the proper angle of the elbow when performing the Shoulder Internal Rotation at 0 Degrees?
- A. 0 degrees
 - B. 45 degrees
 - C. 90 degrees
 - D. 180 degrees
21. What muscle is worked when grasping the ends of the band and punching the shoulder forward while the arm stays straight?
- A. Triceps
 - B. Trapezius
 - C. Pectoralis major
 - D. Serratus anterior
22. What is the position of the hand in the variation version of the Elbow Extension exercise?
- A. Extended
 - B. Neutral
 - C. Pronated (palm down)
 - D. Supinated (palm up)
23. Besides the supinator, what other muscle is worked during the Forearm Supination exercise?
- A. Biceps
 - B. Triceps
 - C. Flexor digitorum
 - D. Extensor digitorum

24. In which exercise is the arm stabilized on the leg with the thumb position upward and the movement of the wrist is upward?
- A. Ulnar deviation exercise
 - B. Forearm pronation
 - C. Radial deviation exercise
 - D. Forearm supination
25. Where is the working leg in relation to the tube anchor when performing the External Hip Rotation exercise?
- A. Furthest from the anchor
 - B. Facing away from the anchor
 - C. Closest to the anchor
 - D. Behind the anchor
26. Where is the working leg in relation to the tube anchor when performing the Hip Adduction exercise?
- A. Facing away from the anchor
 - B. Closest to the anchor
 - C. Behind the anchor
 - D. Furthest away from the anchor
27. What specific muscle is worked during the Terminal Knee Extension exercise?
- A. Vastus lateralis
 - B. Vastus intermedialis
 - C. Vastus medialis
 - D. Sartorius
28. What is the position of the working leg during the Inversion exercise?
- A. On the bottom
 - B. On the top
 - C. Side by side
 - D. On the top and everted
29. All of the following are proper technique for the Chest Press exercise EXCEPT:
- A. Use a staggered step
 - B. Grasp the bands at shoulder height
 - C. Keep the shoulder blades down
 - D. Slightly flex the wrist
30. Which muscle is not a primary muscle for the Chest Fly, Chest Press, and Push Up exercises?
- A. Triceps
 - B. Pectoralis major
 - C. Anterior deltoid
 - D. Serratus anterior
31. Which exercise works the serratus anterior muscle?
- A. Supine Pullover
 - B. Dynamic Hug
 - C. Seated Row
 - D. Push Up

32. Which technique is incorrect for the Reverse Fly exercise?
- A. One leg is slightly in front of the other
 - B. Grasp the band just below shoulder level
 - C. Keep the elbows straight
 - D. Pull the ends of the band outward
33. What muscle is the primary muscle worked during the Shrug exercise?
- A. Middle trapezius
 - B. Lower trapezius
 - C. Upper trapezius
 - D. Rhomboids
34. Which technique is incorrect for the Linton External Rotation exercise?
- A. Abduct and extend the arm at the same time
 - B. Point the thumb toward the ceiling and the end of the lift
 - C. Start with the shoulder in a neutral position
 - D. Squeeze the shoulder blade at the top of the movement
35. Which training tip is incorrect for the Bilateral Extension with Retraction exercise?
- A. Slightly lean backwards
 - B. Keep elbows straight
 - C. Keep your back and neck straight
 - D. Palms face forward during the entire exercise
36. Which exercise works the upper trapezius?
- A. Overhead press
 - B. Bilateral extension with retraction
 - C. Bent over row
 - D. Diagonal Flexion PNF
37. Which exercise works both the rotator cuff and pectoralis?
- A. Diagonal extension PNF
 - B. Diagonal flexion PNF
 - C. Shoulder external rotations with retraction
 - D. Upright row
38. Which procedure is incorrect for the Shoulder Internal Rotation at 90 Degrees exercise?
- A. Keep the elbow at shoulder height
 - B. Start with the palm facing forward
 - C. Keep the shoulder at a 90 degree angle
 - D. Pull the band away from the body
39. What muscle is primarily worked during the Shoulder Monster Walk?
- A. Pectoralis Major
 - B. Serratus anterior
 - C. Triceps
 - D. Posterior deltoid
40. How far up should the client lift during the Abdominal Crunch exercise?
- A. Mid-to-low back off the floor
 - B. Neck off the floor
 - C. As far as they can lift
 - D. Shoulder blades off the floor

41. Which technique is incorrect for the Oblique Curl-Up exercise?
- A. Keep your neck straight
 - B. Retract your head
 - C. Keep the elbows straight
 - D. Rotate one shoulder towards the opposite knee
42. Which exercise primarily works the quadratus lumborum muscle?
- A. Trunk rotation
 - B. Side bend
 - C. Seated back extension
 - D. Kneeling crunch
43. Which procedure is incorrect for the Seated Back Extension exercise?
- A. Keep the lumbar spine in neutral
 - B. Keep your hands at your chest
 - C. Leave a little slack in the band at the starting position
 - D. Stretch the band as you lean back
44. In addition to the back extensor muscles, what else is worked during the Standing Back Extension exercise?
- A. Hamstrings
 - B. Pectineus
 - C. Gluteus medius
 - D. Gluteus maximus
45. Which technique is incorrect for the Quadruped Stabilization exercise?
- A. Extend the opposite arm in front of you as you lift the opposing leg
 - B. Keep your back and neck straight
 - C. Straighten the hip and knee so that they are slightly higher than parallel to the floor
 - D. Do not rotate the back
46. All of the following are main roles of the hip in locomotion EXCEPT:
- A. Accelerate body motion and change motion
 - B. Stabilize the pelvis
 - C. Locomotion
 - D. Propel us while walking or running
47. What muscle is located on the posterior side of the lower foot?
- A. Extensor digitorum longus
 - B. Peroneus tertius
 - C. Extensor hallucis longus
 - D. Flexor digitorum longus
48. What is the main difference between the Unilateral Bridge and the Bridge exercise?
- A. One knee is lifted during the Bridge exercise
 - B. Unilateral bridge works the gluteus maximus while the bridge works the gluteal medius and minimus
 - C. The back can hyperextend slightly during the unilateral bridge, but should not during the bridge exercise
 - D. One knee is lifted during the Unilateral Bridge
49. How do you reduce the intensity during the Side-lying Hip Lift?
- A. Loop the band around the ankles instead of the knees
 - B. Loop the band around the knees instead of the ankles
 - C. Lift the leg higher
 - D. Slightly pull the leg more forward

50. What is stabilized during the Closed-chain Hip Rotation
- A. Ankle
 - B. Gluteus maximus
 - C. Hip rotators
 - D. Hip adductors
51. All of the following exercises work gluteus maximus and quadriceps only EXCEPT:
- A. Lunge
 - B. Squat
 - C. Barbell squat
 - D. Lateral lunge
52. During the Single Leg Squat, the knee should align with:
- A. The second toe
 - B. The heel
 - C. The big toe
 - D. Beyond all of the toes
53. All are correct form for the Standing Leg Pull-Through exercise EXCEPT:
- A. Loop the band around you lower leg above the ankle
 - B. Begin with the knee extended
 - C. Simultaneously pull the leg back by flexing the knee and extending the hip
 - D. Increase the speed of the repetitions
54. Which muscle is not primarily worked during the Thera-band Kick?
- A. Iliopsoas
 - B. Gluteus medius
 - C. Hamstrings
 - D. Gluteus maximus
55. Functional training should always include total body exercises that utilize core stabilization and:
- A. Weight bearing exercises
 - B. Force transmission between anterior and posterior muscles
 - C. Non-weight bearing exercises
 - D. Force transmission between upper and lower body
56. Which muscle is not used during the Lunge with Diagonal Flexion exercise?
- A. Deltoids
 - B. Trapezius
 - C. Rectus femoris
 - D. Vastus medialis
57. Which technique is incorrect for the Bilateral Chop exercise?
- A. Pull the band towards the inside hip with both hands
 - B. Begin by grasping the band with both hands over the shoulder closest to the anchor
 - C. Keep the back in neutral
 - D. Turn your trunk away from the anchor as you perform the exercise
58. What position should the back be in and the end of the movement for the Bilateral Lift exercise?
- A. Rounded
 - B. Slightly flexed
 - C. Neutral
 - D. Slightly extended

59. When performing the Unilateral Row with Side Bridge exercise, what is the purpose of the side plank position?
- A. To help stabilize the bottom shoulder more
 - B. To create a slight rotation of the trunk
 - C. To add more tension to the rhomboids
 - D. To work the quadratus lumborum
60. Which muscle is not primarily used during the Lift Simulation exercise?
- A. Biceps femoris
 - B. Gluteus maximus
 - C. Rectus femoris
 - D. Vastus lateralis
61. What is the difference between the Step Incline Press exercise and the Step Lift exercise?
- A. The back is rounded in the step lift throughout the exercise
 - B. It is only recommended to use a foam surface for the step lift exercise
 - C. The step incline press does not focus on the leg muscles
 - D. The band is at chest level for the step lift exercise, but not for the step incline
62. Which is incorrect technique for the Reverse Step Pull exercise?
- A. Step backward with your front foot
 - B. Set the tube anchor at chest level
 - C. Keep the back straight
 - D. Use a foam surface for a greater challenge
63. In addition to working the quads and gluteus maximus, the Step Up also works the:
- A. Pectoralis
 - B. Hamstrings
 - C. Triceps
 - D. Biceps
64. How do you position yourself for the beginning of the Shoulder External Rotations Step exercise?
- A. With the working arm closest to the anchor
 - B. Facing the anchor
 - C. With the working arm furthest away from the anchor
 - D. Back towards the anchor
65. The ability to accelerate, decelerate, and change positions quickly is referred to as:
- A. Strength
 - B. Speed
 - C. Power
 - D. Agility
66. Elastic resistance assists in all of the following contractions EXCEPT:
- A. Isotonic
 - B. Eccentric
 - C. Isometric
 - D. Isokinetic
67. The Acceleration mimics movements in all of the following sports EXCEPT:
- A. Football
 - B. Track start
 - C. Swim start
 - D. Cycling

68. What is the difference between the Assisted Sprinting and the Resisted Running exercise?
- A. Resisted running does not work the gastrocnemius
 - B. The client is facing towards the anchor in the assisted sprinting exercise
 - C. The client is facing towards the anchor in the assisted running exercise
 - D. The resisted running exercise ends when there is no more resistance from the band
69. Which technique is incorrect for the Reciprocal Arm and Leg Action exercise?
- A. Flex the hip forward
 - B. Wrap the middle of the band around both legs
 - C. Punch the opposite arm and leg at the same time
 - D. Secure the band on the anchor at knee level
70. Which muscle is not primarily used during the Underhand Throw?
- A. Wrist extensors
 - B. Hip extensors
 - C. Anterior deltoid
 - D. Gastrocnemius
71. Which muscle is used during the Bilateral Overhead Throw?
- A. Biceps
 - B. Triceps
 - C. Trapezius
 - D. Rhomboids
72. Which technique is incorrect for the Arm Acceleration Drill?
- A. Work against the resistance as you return to the starting position
 - B. Start with your arm overhead and the thumb pointing downward
 - C. Stand far enough away from the attachment that moderate resistance is felt
 - D. Move your arm forward in a diagonal pattern
73. Which technique is incorrect for the Plyometric Shoulder External Rotation 90/90 exercise?
- A. Elevate the shoulder to the 90 degree start position
 - B. Secure the band at shoulder height
 - C. Avoid pausing between the movements
 - D. Control the movement of the shoulder slowly until the forearm becomes horizontal
74. Which technique is incorrect for the Biceps Plyometric Elbow Extension exercise?
- A. Start with the working arm flexed forward to 90 degrees
 - B. The non-working arm should be down by your side
 - C. Quickly return to the starting position
 - D. Allow the elastic resistance to straighten the elbow
75. How far should the leg be lifted during the Hamstring Plyometric Hip Flexion exercise?
- A. 90 degrees
 - B. 30 degrees
 - C. 45 degrees
 - D. As far as possible
76. Which primary muscle is utilizing an isotonic contraction during the Elbow Extension with Shoulder Elevation exercise?
- A. Triceps
 - B. Core muscles
 - C. Biceps
 - D. Back

77. Which of the following is not a correct step in the Hip Landing exercise?
- A. Keep the feet shoulder-width apart on the landing
 - B. Maintain moderate tension on the band
 - C. Hop upward
 - D. Allow the knees to rotate inward
78. Which muscle is not a primary muscle for the Jump Down exercise?
- A. Gluteus medius
 - B. Quadriceps
 - C. Hip flexors
 - D. Core muscles
79. Which of the following is not a correct technique for the Resisted Plyometric Lateral Jump Step exercise
- A. Jump towards the anchor
 - B. The band should provide resistance during the jump
 - C. Place the foot closest to the platform on top of it first
 - D. Wrap the band at waist level
80. Which muscle is a primary muscle for the Lateral Step exercise?
- A. Gluteus maximus
 - B. Soleus
 - C. Gastrocnemius
 - D. Hamstrings
81. What muscle is not used during the Resisted Carioca exercise?
- A. Tensor fascia latae
 - B. Quadriceps
 - C. Core muscles
 - D. Deltoid
82. What is the appropriate movement of the lower body during the Lateral Bounding exercise?
- A. Hips are flexed above waist level while you jump
 - B. Knees are extended while you jump
 - C. Hips are extended while you jump
 - D. Knees are flexed to 130 degrees while you jump
83. Which of the following sports would benefit most from the Fielding Simulation exercise?
- A. Baseball
 - B. Soccer
 - C. Track
 - D. Football
84. What is the key to the success of any fitness training program?
- A. The ability to alter and advance the program
 - B. The ability to complete the program
 - C. The repetitions of the program
 - D. The frequency of the program
85. Why is the ability of ERT to utilize consistent resistance so important?
- A. It provides a limited list of exercises that can be performed
 - B. It makes the workout easier for beginners
 - C. It makes it easier to workout on the road
 - D. It enables the ability to work the entire body

86. What is not considered an advantage of this program for the traveling athlete or exerciser?
- A. 15 minute and 30 minute circuit programs are available for those limited in time
 - B. It can be performed in a tight space
 - C. It is easily adaptable to specific sports
 - D. While the variations are limited, it can be used in a circuit program
87. How long should the rest be when performing multiple sets of exercises in the circuit?
- A. 2-3 minutes
 - B. 30-60 seconds
 - C. 3-5 minutes
 - D. 15-20 seconds
88. What is the most common training error that can lead to muscular imbalances?
- A. Underemphasizing the acceleration phase
 - B. Overemphasizing the acceleration phase
 - C. Overemphasizing the deceleration phase
 - D. Avoid rotational movements
89. Which exercise is specifically for softball?
- A. Throwing Simulation With Ball
 - B. Batting Simulation
 - C. Underhand Windmill Simulation
 - D. Lateral Step Lunge with Glove
90. When performing the tennis exercises, it is important to keep the arm at what angle to simulate the serve?
- A. 90 degrees
 - B. 180 degrees
 - C. 45 degrees
 - D. 0 degrees
91. The Horizontal Abduction (High Backhand with Racket) works all of the following muscles EXCEPT:
- A. Scapular muscles
 - B. Supraspinatus
 - C. Anterior deltoid
 - D. Teres minor
92. Which of the following is not a volleyball simulation exercise?
- A. Monster Walk with Bumping
 - B. Take-Back with Resistance
 - C. Serve Simulation
 - D. Overhead Blocking Simulation
93. What trunk movement should predominate for a golf swing?
- A. Extension
 - B. Stabilization
 - C. Flexion
 - D. Rotation
94. Besides upper body strength, what else is needed for all football players regardless of position?
- A. Multidirectional explosiveness
 - B. Multidirectional mobility
 - C. Lower body strength
 - D. Significant rotational movements

95. Which is not a base exercise for hockey?
- A. Squat Walk
 - B. Lat Pull Down
 - C. Elbow extension
 - D. Forearm Supination
96. Skiers rely mainly on all of the following muscles EXCEPT:
- A. Hip abductors
 - B. Hip adductors
 - C. Gluteals
 - D. Hamstrings
97. What is the most common injury in basketball?
- A. Hamstring strains
 - B. Shoulder/rotator cuff
 - C. Ankle sprains
 - D. Wrist
98. Which of the following is not a sport simulated exercise for soccer?
- A. Diagonal Kick with Soccer ball
 - B. Reciprocal Arm and Leg Action
 - C. Controlled Kick Stabilization
 - D. Hip Abduction with Soccer Ball
99. How far should the knee be flexed during the controlled Kick Stabilization exercise?
- A. 45 degrees
 - B. As far as possible
 - C. 120 degrees
 - D. 90-100 degrees
100. Why are there no simulation exercises for cycling?
- A. Because the band will get tangled in the bike wheel
 - B. It is too hard to mimic with elastic resistance
 - C. The muscles are trained by the sports itself
 - D. Because cyclist do not get injured.