Post-webinar Quiz

Please note that the webinar quiz is based on the printed handout, NOT on the lecture. Choose the best answer for each question.

1. Which of the following is an element of an effective strength training program?
   a. Regression
   b. Overload
   c. Symmetry
   d. Atrophy

2. Excessive overload results in:
   a. Progression
   b. Specificity
   c. Adaptation
   d. Overtraining

3. The term “specific adaptations to imposed demands” is known as the:
   a. Overtraining
   b. SAID Principle
   c. Promise Principle
   d. Function of Power
4. The concept that the body begins to decline when a stimulus is removed is known as:
   a. Reversibility
   b. Specificity
   c. Regression
   d. Remediation

5. ____________ is a systematic approach to sustain improvement and prevent regression.
   a. Microburst training
   b. Periodization
   c. Partner training
   d. Power training

6. An undulating periodization plan adjusts the training volume:
   a. Never
   b. Monthly
   c. Yearly
   d. Weekly or daily

7. Which of the following is a component of a well-written program?
   a. Include rest and recovery in the plan
   b. Determine the frequency of the workouts
   c. Manipulate variables
   d. Focus on only the first month and set goals later
8. **When setting up your training cycles, the Meso cycle should last:**
   a. 6 months  
   b. 4 weeks  
   c. 1 week  
   d. 12 months

9. **Recent studies suggest that multi-set protocols ____________**
   a. Have a higher risk of injury  
   b. Offer better long-term results  
   c. Offer better short-term results  
   d. Have a higher risk of client boredom

10. **How can mechanical tension maximize hypertrophy?**
    a. It uses higher loads to create maximal tension  
    b. It uses shorter rest to increase muscle fatigue  
    c. It uses maximal reps to increase basal metabolic rate  
    d. All of the above

11. **Wave-loading is particularly useful for:**
    a. Increasing atrophy  
    b. Decreasing hypertrophy  
    c. Increasing strength  
    d. Increasing flexibility
12. If an individual is interested in increasing strength at a specific point in the range of motion is recommended:
   a. Plyometric-type training
   b. Eccentric-type training
   c. Concentric-type training
   d. Isometric-type training

13. How many movement positions are ideal per movement when training isometrically?
   a. 3
   b. 1
   c. 5
   d. 4

14. Increases in neural output, preferential recruitment of fast-twitch fibers and more force output are all benefits of:
   a. Plyometric-type training
   b. Eccentric-type training
   c. Isometric-type training
   d. Concentric-type training

15. An example of velocity-based training would be:
   a. Core training
   b. Balance training
   c. Agility training
   d. Band training
16. **The average height of a depth jump is usually between:**
   a. 16” – 30” for most clients
   b. 12” – 18” for older clients
   c. 4” – 8” for short clients
   d. 24” – 36” for tall clients

17. **A rest interval in a Western complex should last approximately:**
   a. 10-20 seconds
   b. 45 seconds
   c. 1-2 minutes
   d. 3-4 minutes

18. **Which of the following is an example of a hybrid training ‘system’?**
   a. Heavy lifts for strength, slow lifts for power, high reps for muscle growth
   b. Light lifts for strength, fast lifts for power, low reps for muscle growth
   c. Heavy lifts for strength, fast lifts for power, high reps for muscle endurance
   d. Low reps for muscle conditioning, slow lifts for power, high reps for strength

19. **An example of a hybrid program may combine exercises for:**
   a. Balance, core strength, endurance and cognition
   b. Plyometrics, function, ambulation and performance
   c. Power, strength, hypertrophy and endurance
   d. Power, strength, agility, mobility

20. **A sample recovery plan that allows for time to recuperate is:**
   a. 4 weeks on, 3 weeks off
   b. 4 weeks on, 1 week off
   c. 9 weeks on, 1 week off
   d. 16 weeks on, 1 week off