

Chapter 10 Weight Training

Based on information found in Chapter 10 of the Reference Manual

- 1.) **Strength and weight-training is important for fat-burning:**
 - True
 - False

- 2.) **Weight-training is usually an anaerobic activity:**
 - True
 - False

- 3.) **The primary fuel source during weight-training is:**
 - Vitamins and minerals
 - Fat and water
 - ATP and glucose
 - None of the above

- 4.) **For most women, muscular gain is not as great as in men – even though they make the same relative gains in strength:**
 - True
 - False

- 5.) **In static (Isometric) training, the muscle develops tension, but:**
 - Does not change length
 - Does not burn glucose
 - Does not strengthen
 - Does not need blood flow

- 6.) **A repetition is one actual movement of an exercise through a full range of motion:**
 - True
 - False

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7.) **A set is a group of repetitions done consecutively without rest:**

- True
- False

8.) **Muscle, exercised against resistance exceeding that normally encountered is known as:**

- The Theory of Relativity
- The Overload Principle
- The O'Reilly Factor
- Psychological Overload

9.) **Explain two (2) different ways to achieve muscle overload:**

10.) **All men and women should use the exact same resistance training program:**

- True
- False

Notes:
