

Quiz 10 / Answers

These **quizzes** as well as **interactive quizzes** are built-in to the **MAP System**

Weight Training

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

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:

- Application of a resistance or weight greater than can be lifted for one repetition (strength).
- Forcing a muscle group to repeatedly lift a load or weight over an extended period of time (endurance).

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

- True
- False