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:
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