

# Strength Training Final Exam Study Guide

*Directions: Identify where each muscle is located on the body.*

1. Biceps
2. Latissimus Dorsi
3. Trapezius
4. Pectorals
5. Deltoids
6. Triceps
7. Abductors
8. Erector Spinae
9. Abdominals
10. Obliques
11. Gluteus Maximus
12. Quadriceps
13. Hamstrings
14. Gastrocnemius
15. Adductors

*Students should be familiar with the following term/principles of strength training.*

Heart rate: resting, maximum, target, calculation for determining Target Heart Rate Zone.

Maxing out

5 components of fitness: Muscular Strength, Muscular Endurance, Cardiovascular Fitness, Body Composition, and Flexibility.

Interval Training

FIT Principle: frequency, intensity and time

Isometric and Isotonic Exercise

Aerobic/Anaerobic Exercise

Warm-up and cool-down

Overload, interval training, and basal metabolism

Vocabulary Words:

List #1- Vocabulary Words

**Atrophy** – the wasting away or decrease in size of a body part, particularly muscle

**Hypertrophy** – the increase in size of a body part, particularly muscle

**Progression** – a gradual increase in the level of exercise in order to sustain improvement in physical fitness

**Specificity** – principle of training that states the exercise training effect is specific to the muscles involved in the activity

**Antagonistic** muscles – a muscle that opposes the action of the other, i.e. triceps and biceps are antagonistic muscles

#### List # 2 – Vocabulary Words

**Agility** – the ability to change the position and control the movement of the entire body, moving quickly and easily

**Coordination** – the integration of eye, hand, and foot movements

**Speed** – the ability to cover a distance in a short time; rapidity of movement of action

**Fine motor skills** – the coordination of small muscle movements which occur in body parts such as fingers, usually in coordination with the eyes (small movements)

**Gross motor skills** – basic abilities acquired or developed in infancy or childhood such as walking, kicking, throwing, etc.

#### List #3 - Vocabulary Words

**Basal metabolic rate** – the rate at which energy is expended in a basic condition

**Carbohydrates** – the starches and sugars present in foods; the body's main source of energy

**Fat** – the major storage form of energy in the body; a natural oily substance in the body that is deposited as a layer under the skin or around certain organs

**Nutrients** – compounds that help the body be healthy and functional

**Protein** – a type of nutrient that helps build and maintain body cells and tissues

#### List #4 - Vocabulary Words

**Obesity** – an abnormal accumulation of body fat, usually 30% or more over an individual's ideal body weight.

**Overweight** – having more body weight than considered healthy for the person's height, build or age.

**PED's**– substances used by athletes, taken illegally, to make them stronger, faster, i.e. steroids

**Prime Movers**– muscles that have the sole or principal responsibility for a given action or movement

**Supplements**- usually dietary substances used to augment, enhance, or enrich the nutritional status of a patient.

#### List #5 – Vocabulary

**Wellness** – The state of condition of being in good physical and mental health

**Core strength** – The strength of the underlying muscles of the torso which help determine posture

**Cognitive**- pertaining to the act or process of knowing, perceiving, remembering, etc.

**Leadership** – A process of directing people to accomplish a goal

**Sportsmanship** – fairness in following the rules of the game