

High School OCPE Thrid Six Weeks Test for 1st Timers**Multiple Choice**

Identify the letter of the choice that best completes the statement or answers the question.

- _____ 1. Resistance training involves:
- a. running.
 - b. swimming.
 - c. weights.
 - d. all of the above.
- _____ 2. The primary benefits of resistance training include:
- a. improved metabolism.
 - b. increased speed.
 - c. improved health.
 - d. less chance of injury.
- _____ 3. From a fitness standpoint, which of the following is more important?
- a. absolute muscular strength
 - b. relative muscular strength
 - c. maximum muscular strength
 - d. absolute endurance
- _____ 4. The special type of striated tissue that forms the walls of the heart is called
- a. smooth muscle.
 - b. skeletal muscle.
 - c. cardiac muscle.
 - d. involuntary muscle.
- _____ 5. Smooth muscles control
- a. movements of the internal organs.
 - b. the voluntary muscles.
 - c. body movement.
 - d. bone strength.
- _____ 6. Skeletal muscles are
- a. voluntary muscles.
 - b. cardiac muscles.
 - c. smooth muscles.
 - d. striated muscles.
- _____ 7. Resistance training is also called
- a. absolute muscle strength.
 - b. weight training.
 - c. endurance training.
 - d. the overload principle.
- _____ 8. What is being demonstrated when person A can properly lift 75 pounds for 15 reps and person B (of the same gender) can only do 10 reps with the same amount of weight?
- a. greater strength
 - b. greater muscle endurance
 - c. progressive resistance
 - d. proper body-building techniques.
- _____ 9. Which of the following steps does not help with setting goals?
- a. revising goals when necessary
 - b. keeping written records
 - c. being realistic
 - d. using proper techniques
- _____ 10. A successful weight-training workout consists of
- a. repetition.
 - b. exercise.
 - c. body area.
 - d. all of the above.
- _____ 11. Examples of large muscle groups are:
- a. muscles of the chest and upper legs.
 - b. muscles of the back and upper arms.
 - c. muscles of the chest and lower legs.
 - d. all of the above.
- _____ 12. It is better to work
- a. large muscle groups before small muscle groups.
 - b. small muscle groups before large muscle groups.
 - c. one large muscle group, then one small muscle group.
 - d. strongest muscles before weakest.

- _____ 13. During an effective workout your muscles become
- a. atrophied.
 - b. flexible.
 - c. overloaded.
 - d. weak.
- _____ 14. The muscles that surround the shoulder joint are called the
- a. biceps.
 - b. rotator cuff.
 - c. abductor muscles.
 - d. adductor muscles.
- _____ 15. These exercises are great for strengthening core stability.
- a. abdominal crunches
 - b. squats
 - c. leg raises
 - d. all of the above
- _____ 16. If one's fitness ratings are low, you must increase one of your FITT factors to achieve
- a. overload.
 - b. flexibility.
 - c. intensity.
 - d. frequency.
- _____ 17. For static stretching, you should begin by holding each stretch for
- a. three minutes.
 - b. one minute.
 - c. 20 to 30 seconds.
 - d. 60 to 90 seconds.
- _____ 18. An example of a reflex is a
- a. leg raise.
 - b. sit-up.
 - c. muscle spasm.
 - d. knee jerk.
- _____ 19. As you perform stretches, you should remember to
- a. stretch as far as you can.
 - b. stretch only in the morning.
 - c. perform all stretches slowly.
 - d. alternate stretching on one side one day and the other side the following day.
- _____ 20. Hazardous stretches can cause
- a. sprains.
 - b. dizziness.
 - c. foot and arch problems.
 - d. increased heart rates.