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P.e final quiz 1 by Master Bait

100 laps of freestyle stroke  
=Conditioning Activity

The ideal duration of each stretch should last for \_\_\_\_\_.  
30 secs.

An important fitness principle where a person attempts to slow the body down bringing the body and the mind to recovery after a heavy or light training.  
= Cool-down

The principle of individualization takes into consideration that all individuals have unique ways of adapting to exercise  
=TRUE

Cooling-down is as important as warming-up in an exercise routine  
=TRUE

This principle emphasizes that improvements are high at the beginning of an exercise program but gradually slows down as an individual reaches the peak of his training.  
= Law of Diminishing Returns

This principle is also known as the "use it or lose it" principle, where fitness is lost once exercise ceases  
=Reversibility

3 sets of squats for 20 repetitions  
= Conditioning Activity

Brisk walking, jumping jacks, and static stretches are examples of a warm-up routine.  
=TRUE

Jumping jacks  
= Warm-up

3-minute run in place  
=Warm-up

FITT principle stands for, \_\_\_\_\_, Time, & Type.  
=frequency, intensity

100 laps of freestyle stroke  
=Conditioning Activity

30 repetitions of jumping jacks for 2 sets  
= Warm-up

Brisk walking, jumping jacks, and static stretches are examples of a warm-up routine.  
= FALSE

The ideal recovery time of a person who performed a CV endurance activity is \_\_\_\_\_.  
= 24 hours

The exercise principles refer to the different ways on how you arrange exercises in your training program.  
= FALSE

This principle pertains to developing a certain component/s of fitness during

training.  
=Specificity

This refer to overtraining the body by not allowing it to have an ample recovery time.  
=retrogression

The principle of \_\_\_\_\_ ensures that exercises are designed to develop a certain fitness component/s.  
=Specificity

An important fitness principle where a person attempts to slow the body down bringing the body and the mind to recovery after a heavy or light training.  
=Cool-down

3 sets of squats for 20 repetitions  
= Conditioning Activity

The principle of \_\_\_\_\_ focuses on changing activities to prevent boredom and loss of interest in training.  
=Variation

The exercise principles refer to the different ways on how you arrange exercises in your training program.  
=. FALSE

In arranging exercises the \_\_\_\_\_ muscle groups serve as stabilizers and support for the body.  
=

Stretching exercises are necessary to improve one's flexibility as well as prevent injuries.  
= TRUE

Frequency in the FITT principle refers to the amount of time a work-out bout should last.  
=FALSE

The ideal duration for doing CV endurance activities is between \_\_\_\_\_.  
=30-60 minutes

10-minute brisk walking  
=Warm-up

Neck flexion for 30 seconds  
=Stretching

The warm-up is part of the exercise routine where the specific fitness component/s are developed.  
=FALSE

What is the ideal number of days a person must train to improve his/her aerobic endurance?  
=. 3-5 days

This principle refers to personalizing your program to fit you exact profile (i.e. age, gender, level of fitness, and exercise experience).  
=Individualization

If the amount of exercise is progressively increased, fitness continues to improve. This refers to the principle of \_\_\_\_\_.  
=Overload

Part of a work-out routine that is performed at the end of the exercise to

prevent muscle soreness and develop a person's flexibility.  
=. Stretching

The purpose of a warm-up exercise is to prepare the body and mind for a strenuous activity.  
=TRUE

This principle is also known as the "use it or lose it" principle, where fitness is lost once exercise ceases.  
=Reversibility

10-minute slow walk  
=Cool-down

Cool-down is not an important part of a work-out and should not be included in trainings.  
=. FALSE

The ideal duration of each stretch should last for \_\_\_\_\_.  
=. 20 secs.

This principle emphasizes that improvements are high at the beginning of an exercise program but gradually slows down as an individual reaches the peak of his training.  
= Recovery/Law of Diminishing Returns(not sure)

A cool-down is used to return the body into its homeostasis as well as to relax the mind from the strenuous activity you have performed.  
= TRUE

After running, a typical cool-down exercise is walking; this is to return the body back to its normal conditions.  
= TRUE

The principle of Reversibility is also known as the \_\_\_\_\_ principle.  
="use it or lose it"

A phase of the work-out routine which prepares the body and mind for the strenuous activities to be performed.  
=Warm-up

This principle is also known as the "use it or lose it" principle.  
=Principle of Reversibility

Stretching can be done between to \_\_\_\_ days of the week.  
=

The sequence of a correct training program is: Warm-up, Main-set, Stretching, & Cool-down.  
=FALSE

This FITT principle refers to how hard a person is working out.  
= Intensity

This principle is also known as the "use it or lose it" principle.  
=Reversibility

Cooling-down is as important as warming-up in an exercise routine.  
= TRUE

Main-set exercises typically lasts more than two hours.  
= FALSE

A part of exercise that raises your core temperatue inhibiting faster muscle

recruitment.  
=Warm-up

Flexibility exercises can be done for \_\_\_\_\_ days within a week.  
-5-7

These are muscles that are located at the front of the thighs.  
=quadriceps

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