

**Coach Myers**

**Coach Deveau**

**Weight Training Final Exam**

25 Questions

Multiple Choice

1. Which is not a benefit of weight training?

- . A Increased muscular strength
- . B Injury prevention
- . C Better support for joints
- . D All of the above are benefits of weight training

2. Which is not a component of safety in the weight room?

- . A Wearing proper shorts and shirt
- . B Wearing proper footwear
- . C Having a spotter at all times
- . D Stretching and warming up

3. Which of the following is a primary muscle involved in the bench press?

- . A Gluteus Maximus
- . B Anterior Deltoid
- . C Hamstring
- . D Quadriceps

4. Which of the following is not a primary muscle involved when performing cleans?

- . A Hamstrings
- . B Calves

- . C            Quadriceps
- . D            All of the muscles listed are being used when completing a clean

5. Weight plates are

- . A            Dumbbells
- . B            Barbells
- . C            Weight lifting equipment used to add resistance to adjustable dumbbells and barbells
- . D            Leg Curls

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7. An Isolation exercise that targets the hamstring muscles and involves flexing the lower leg against resistance towards the buttocks.

- . A            Leg Extensions
- . B            Squats
- . C            Lunges
- . D            Leg Curls

8. Any position of the human body where one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind

- . A            Leg Extensions
- . B            Squats
- . C            Lunges
- . D            Leg Curls

9. A weight lifting exercise, which consists of the lifter moving a weighted barbell from the floor to a racked position across deltoids and clavicles. The primary muscles targeted are the hamstrings, gluteus maximus, quadriceps, and calves.

- . A            Leg Extensions
- . B            Bench Press
- . C            Power Cleans
- . D            Squats

10. Which piece of weight room equipment has a flat, cushioned surface that you lie down on when lifting weights overhead?

- . A            Leg Extension Machine
- . B            Bench
- . C            Squat Rack
- . D            Push Press

#### Fill in the Blank

11. The number of consecutive times that the exercise is completed is called \_\_\_\_\_. Answer:

12. A group of repetitions is called a \_\_\_\_\_. Answer:

13. The #1 rule in the weight room is \_\_\_\_\_.

14. Exercises used to compliment upper and lower body main core exercises are called \_\_\_\_\_. Answer:

15. A gradual slowing down of activity for a few minutes at the end of a workout is called a \_\_\_\_\_. Answer:

True/False

16. If a basketball player is trying to increase his vertical jump, he could benefit from the use of power cleans.

. T          True  
  F          False

12. Weight training is a common type of strength training for developing the strength and size of skeletal muscles.

. T          True  
  F          False

13. If a baseball player wanted to increase the velocity of his throws, he would not benefit from the use of arm curls.

. T          True  
  F          False

14. Weight training does not help prevent injuries.

. T          True  
  F          False

15. Cleans are a full body lift that calls upon several different muscles throughout the body.

. T          True  
  F          False

16. The hamstring muscles are used when you flex and bend your knees.

- ☐ T True
- ☐ F False

17. Static stretching is used when the body is in active movement during exercise.

- ☐ T True
- ☐ F False

18. Completing a full warm up and stretch routine will help to prevent injuries during physical activity.

- ☐ T True
- ☐ F False

19. Crunches do not help strengthen the abdominal muscles.

- ☐ T True
- ☐ F False

20. Weight training involves lifting weights to improve your health, physical fitness, and muscular strength.

- ☐ T True
- ☐ F False

Write your response

21. Write a lower body workout that consists of 4 exercises

22. Write a Upper Body workout that consists of 4 exercises

23. Write a full body workout that consists of 3 exercises

24. Name two of the primary muscles targeted when executing a squat in the weight room.

25. Write 1 paragraph describing the proper way to spot someone when doing the bench press.