Name: ___________
Period: ______

Circle the correct answer to the following True/False questions.

(Terminology)

1. Muscle is the flesh of the body that makes up 40% of the body weight.
   True/False
2. Resistance is the number of times one does a particular exercise.
   True/False
3. Repetitions how much weight is being lifted.
   True/False
4. Set is the number of groups of repetitions performed at the same station.
   True/False
5. Strength is the ability of the muscle to apply maximum force.
   True/False
6. Rate is the speed of the exercise being done.
   True/False
7. Endurance is a conditioning process which includes stretching.
   True/False
8. Warm-Up should be intense enough to increase body temperature.
   True/False
9. Weight-Training is a form of progressive resistance to develop strength.
   True/False
10. Frequency is the amount of time needed to perform an exercise.
    True/False
11. Duration number of days used to perform an exercise.
    True/False
12. Intensity training level of at least 70% and 85% maximal heart rate.
    True/False
13. **Nutrition** is the amount of oxygen used per unit.
   True/False
14. **Static Stretching** involves an easy relax held stretch movement.
   True/False
15. **Flexibility** the range of motion in the joints or sequence of joints.
   True/False
16. **Goal** the level of achievement one wishes to reach.
   True/False
17. **Active Warm-Ups** refers to exercises to increase body temperature.
   True/False
18. **Load** the resistance is progressively increased.
   True/False
19. **Overload** amount of weight used for each exercise.
   True/False
20. **Tension** muscles that by contracting actually cause movement.
   True/False
21. **Weight-Lifting** is a competitive sport.
   True/False
22. **Weight Strain** weights attached to a machine.
   True/False
23. **Weight Machine** weights attached to a machine.
   True/False
24. **Circuit Training** form of strength training utilizing three circuits.
   True/False
25. **Lactic Acid** a by-product of muscle contraction.
   True/False
26. **Carbohydrates** form of carbon-hydrogen and oxygen.
   True/False
27. **Fats** are composed of carbon, hydrogen, and starches.
   True/False
28. Fats energy is released when fats are burned with oxygen.
   True/False
29. Glycogen the form in which carbohydrates are stored in the body.
   True/False
30. Fatigue accumulation of lactic acid and other non-volatile acids.
   True/False

(Weight Room Facts)
31. One should always use a spotter when performing a lift.
   True/False
32. You should always use clips on the bar when performing a lift.
   True/False
33. Stretching is not vital a component of weight training.
   True/False
34. Weight Training and Stretching should be part of daily routine.
   True/False
35. Hydration and nutrition is not a vital component of weight training.
   True/False