Strength and Conditioning *(each answer is worth 2 points)*

1st Semester Final Exam



1.

2.

3.

4.

5. What very popular weight lifting exercise works your pectorals muscles?

A. SQUAT B. BENCH PRESS C. ARM CURLS

6. What muscle does the Leg Curl machine work?

A. LATISIMUS B. QUADRICEPS C. HAMSTRING

7. Where are your “Oblique” muscles?

A. SIDE OF ABDOMINALS B. NECK C. CALF

8. Which is the best exercise to isolate your quadriceps?

A. SQUATS. B. LEG CURLS C. LEG EXTENSIONS D. A & C

9. Where are your triceps muscles located?

A. STOMACH B. FRONT UPPER ARM C. BACK UPPER ARM

10. What main muscles does the shoulder press strengthen?

A. GLUTEUS MAXIMUS B. LATISIMUS C. DELTOIDS

11. Which are the two muscles that squats or leg press strengthen?

a. quadriceps/gluteus maximus B. Rectus abdominus/deltoid C. None of these

12. What Safety Factor should be considered when lifting “free weights”?

A. Use a spotter

B. Time of day when lifting

C. Using collars on the bars

D. Both A and C

13. What muscle are you working when you perform leg curls?

A. Triceps

B. Hamstrings

## What is the correct name of the muscle that the arrow is pointing to??



### True or False (A = True / B = False)

24. The triceps are the muscles in the back of the upper arm.

25. The quadriceps are the muscles of the front thigh.

26. Explain how   weight training increases a person metabolic rate.

(Burns calories faster)

27. Explain the progress you’ve had in the class, and outside the class, with your personal strength and conditioning. (or lack of progress)

28. Why did what you do give you success or did not give you success?

29. Describe your typical weekly workout in class (be honest!!).

What you did Monday…Tuesday..etc…

Exercises

Sets reps

Cardio

30. What exercise did you like the best? Why??

31.What exercise was good for you but you didn’t like doing it.???? Why??