

## W3: B- Physical Training Assessment

### Assessment

### W3 (Fitness)

### Section B: Physical Training

1. Heredity has nothing to do with skill-related fitness. T / F
2. What is the Principle of Specificity? (Define/ explain)
3. The acronym BFS is also known as \_\_\_\_\_ approach.
4. ROM is also known as what?
5. What is the name of the most reliable assessment for calculating  $Vo_2Max$ ?
6. Cholesterol usually is found in what food products?
7. What is the equation to find Max Heart Rate?
8. Define hypertrophy.
9. Your butt muscles are not considered part of your core or abdomen. T / F
10. What is the anatomical name of the "six pack area" or the human body?
11. 1RM is not part of an individuals Max out strength T / F
12. What type of power does not involve uptake of oxygen?
13. What is intermediate-twitch muscle fibers?
14. Balancing energy is needed in determining physical training and how to proceed. Through the information provided in the unit explain why?