Weight Training 5th edition Baechle Test Bank

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1. When performing a static stretch, what is the recommended time that the stretched position should be held?

a. 5 seconds

*b. 10 seconds

c. 30 seconds

d. 60 seconds

2. Which of the following types of stretching involves performing movements that can mimic movement patterns of various sports, but is not recommended due to an increased risk of injury?

a. static

b. isotonic

*c. ballistic

d. systematic

3. Which of the following muscles are stretched in the quadriceps stretch?

a. back of the hip

*b. front of the thigh

c. back of the lower leg

d. front of the shoulder

4. What grip places the hands on the bar with the thumbs pointing away from each other?

a. alternated

b. pronated

c. overhand

*d. supinated

5. What grip places the hands on the bar with both palms facing down?

*a. overhand

b. false

c. supinated

d. alternated

6. All of the following technique guidelines are a part of the preparatory phase of lifting a bar off the floor EXCEPT

a. grip the bar slightly wider than shoulder width

b. place the feet shoulder-width apart

*c. slightly flex the elbows

d. keep the hips in a gorilla position

7. Which of the following technique guidelines is specific to the floor-to-the-thighs phase of lifting a bar off the floor?

*a. Inhale before pulling the bar up.

b. Position the shoulders behind the bar.

c. Lift the hips up ahead of the bar.

d. Keep a space between the bar and the shins.

8. The best time to breathe out during a weight training exercise is

*a. during the sticking point

b. at the peak of acceleration

c. at the peak of deceleration

d. during the easiest point of execution in the exercise

9. When spotting someone, one of the most important rules is to

a. stand away from the person lifting

b. grasp the bar halfway through each repetition

c. count the repetitions out loud

*d. follow the bar with the hands

10. Which of the following grips should be used when spotting the bench press exercise?

*a. closed

b. neutral

c. reverse

d. supinated

11. When being spotted by someone, one of the most important rules is to

a. not talk during the set

*b. always stay with the bar

c. tell the spotter near the end of the set how many reps will be performed

d. choose a load slightly heavier than what is typically used for the exercise

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