

1.1.4 Part A

Exam questions

Multiple-choice questions

(a) Progressive overload is:

- A Matching the exercises to the activity
- B The degeneration of the muscles after exercise has stopped
- C Working the body harder than normal and then increasing the intensity gradually
- D Allowing the body to recover to maintain a high level of performance

(1)

(b) Specificity is:

- A Allowing the body to recover to maintain a high level of performance
- B Matching the exercises to the activity
- C The degeneration of the muscles after exercise has stopped
- D Working the body harder than normal and then increasing the intensity gradually

(1)

(c) The letters in FITT stand for:

- A Fitness, Intensity, Time and Type
- B Frequency, Intensity, Training and Type
- C Frequency, Intensity, Time and Training
- D Frequency, Intensity, Time and Type

(1)

(d) The reason for goal setting is to:

- A Optimize performance, join in as many sports as possible, control anxiety
- B Optimize performance, keep to the exercise plan, control anxiety
- C Know where to score, keep to the exercise plan, control anxiety
- D Optimize performance, keep to the exercise plan, know how to find a sport you like

(1)

(e) SMART stands for:

- A Sport, Measurable, Agreed, Realistic, Timed
- B Specific, Meaningful, Agreed, Realistic, Time-phased
- C Specific, Measurable, Achievable, Realistic, Time-bound
- D Specific, Measurable, Agreed, Realistic, Timed

(1)

Short-answer questions

2. Which principle refers to the undoing of the effects of training as a result of training stopping? (1)
3. Between what percentages of the maximum heart rate does the heart need to beat to work at the target zone? (1)

Longer-answer questions

4. There are recognized training principles. One of them is progressive overload. What is meant by progressive overload when training for an active lifestyle? (2)