

Exam questions

Multiple-choice questions

1. (a) Which of the following describes circuit training?

- A This method of training involves times of work followed by times of rest.
- B A series of exercises, completed for a certain amount of time, after one another
- C Exercising, often running, varying time, distance and effort
- D Involves shifting weight to increase the strength of muscles, using a programme of repetitions and sets

(1)

(b) Which of the following describes interval training?

- A This method of training involves times of work followed by times of rest
- B A series of exercises, completed for a certain amount of time, after one another
- C Exercising, often running, varying time, distance and effort
- D Involves shifting weight to increase the strength of muscles, using a programme of repetitions and sets

(1)

(c) Which method would a sprinter most likely use to improve performance?

- A Weight training
- B Cross training
- C Interval training
- D Continuous training

(1)

(d) Which method of training is a triathlete most likely to use?

- A Cross training
- B Weight training
- C Circuit training
- D Fartlek training

(e) Fartlek training depends on varying:

- A The people in the training session
- B The sports played
- C The weights lifted
- D The time, distance and effort in the session

2. Which of the following best describes the components of an exercise session?

- A Sprinting, competition, cool-down
- B Warm-up, main activity, competition
- C Main activity, competition, cool-down
- D Warm-up, main activity, cool-down

3. Which of the following best describes the considerations to the individual when devising a personal exercise programme?

- A Resting heart rate, VO_2 maximum, preferred exercise, frequency
- B Body composition, resting heart rate, VO_2 maximum, preferred exercise
- C VO_2 maximum, preferred exercise, height, body composition
- D Motivation, VO_2 maximum, preferred exercise, frequency