**KIN 010 FINAL Review NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Define the following definitions used in resistance training (pg. 115-119):**

* Atrophy:
* Concentric:
* Eccentric:
* Hypertrophy:
* Muscular Strength:
* Muscular Endurance:
* Repetition:
* Repetition Maximum (RM):
* Set:
* Spotter:
* Progressive Overload:
* Regularity:
* Specificity:

1. **Name ONE resistance training exercises you can perform for each body part (pg. 133):**

* Hips and Legs (Gluteus, Quads, Hams):
* Quadriceps:
* Hamstrings:
* Chest (Pectoralis):
* Back (Latissimus Dorsi):
* Shoulders (Deltoid):
* Biceps:
* Triceps:
* Low Back (Erector Spinae):
* Abdominals:

1. **Name ONE Dynamic Stretch you can perform for each body part (pg. 171-176):**

* Arms & Shoulders:
* Hips & Buttocks:
* Quadriceps:
* Hamstrings:
* Ankles:
* Combined Movements:

1. **Name ONE example of a food source for nutrients often lacking in the diet (pg. 207):**

* Calcium:
* Potassium:
* Magnesium:
* Vitamin A:
* Vitamin C:
* Vitamin E:
* Fiber:

1. **What does the acronym FITTE stand for (pg. 101 & 220)?**

F=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E=\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Americans are now either overweight or obese. (pg. 265)**
2. **What are TWO factors that contribute to the cause of obesity (pg. 266-267)?**
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **According to the President’s Challenge, what are the tests you can do for the following areas:**
6. **Body Composition:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. **Flexibility:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. **Upper Body Strength/Endurance:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. **Core Strength/Endurance:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. **Aerobic Conditioning:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_