**KIN 010 FINAL Review (ACSM 2nd Ed.) NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Define the following definitions used in resistance training (pg. 102, 113-114):**

* 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. 118):**

* 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. 158):**

* 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. 51-54):**

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

1. **What does the acronym FITT-VP stand for (pg. 88)?**

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

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

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

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

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

1. **Approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Americans are now either overweight or obese. (pg. 351)**
2. **What are TWO factors that contribute to the cause of obesity (pg. 354)?**
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **According to the Fitness tests we performed from the book, 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:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_