**KIN 119 FINAL REVIEW**

1. **Know two bodyweight exercises for each of the following parts of the body. Be ready to name and explain how to do them. (from the Book):**

* Thighs (Ch.7)
* Glutes (Ch. 8)
* Calves (Ch. 9)
* Whole Body (Ch. 10)

1. **Match the word with its definition:**
   1. **Muscular strength:** the greatest amount of force a muscle or muscle group can exert in a single effort.
   2. **Muscular endurance:** the ability of a muscle or muscle group to do repeated contractions against a less-than-maximum resistance for a given time.
   3. **The overload principle**: For a muscle to increase in strength, the workload to which it is subjected during exercise must be increased beyond what it normally experiences.
   4. **Progression:** When an overload is applied to a muscle, it adapts by becoming stronger and/or by improving its endurance.
   5. **Regularity:** Exercise must be done regularly to produce a training effect.
   6. **Recovery:** The muscles must be allowed sufficient recovery time to adapt. There should be at least a 48-hour recovery period between workouts for the same muscle groups.
   7. **Rep:** short for repetition. A single cycle of lifting and lowering a weight in a controlled manner, moving through the form of the exercise.
   8. **Set:** consists of several repetitions performed one after another with no break between them.
   9. **Tempo:** the speed with which the exercise is performed.
   10. **Intensity:** the amount of force required to achieve the activity.
   11. **Volume:** the number of muscles worked, exercises, sets, and reps during a single session.
   12. **Frequency:** refers to how many training sessions are performed per week.
   13. **Boot camp:** an intense, interval workout that combines cardiovascular training, resistance training, and sports conditioning training that is physically challenging, emotionally and spiritually uplifting, and a ton of fun.
   14. **Speed:** the quickness of movement of a limb, whether that is the legs of a runner or the arm of the boxer.
2. **Name two different Vision Training Drills:**
3. **Name five different Lower Body Plyometric Drills:**
4. **Name two different Upper Body Plyometric Drills:**
5. **Design a sample circuit training workout (10 stations; 30-90 seconds ea. Exercise with 0-90sec. rest)**
6. **Name five different Speed and Agility Drills:**
7. **Name the components/structure of a workout program and give an example of designing your workout program:**
   1. **Mobility Work;** ex. Name 1 Neural warm up exercises
   2. **Visual Warm-up;** ex. Hand-eye coordination chart
   3. **Dynamic Warm-up (Core Coordination and Bone Rhythm);** ex. High knees, A-skips, jumping jacks, lunges, pushups
   4. **Sub-Maximal Plyometric Training;** ex. Fast feet, vertical jump, tuck jump, scissor jump
   5. **Resistance Training;** ex. Any weight training activity
   6. **Energy System Development;** ex. Cardio (bike, elliptical, stairmaster, running, walking)
   7. **Mobility Cooldown;** ex. Name 1 Neural exercises