**KIN 119 MID-TERM REVIEW**

1. **Know the Safety Factors of working out(from Safety factors & training guidelines, General info):**
2. **Name the Training Guidelines of Working Out(from Safety factors & training guidelines, General info):**
3. **Name and Describe 3 Dynamic Warm-Ups (from Dynamic warm-up, Neural & Dynamic warm-up):**
4. **Name the three types of skeletal muscle fibers and briefly explain them (from Muscles, Kin119 course info):**
5. **Name and describe the three categories of muscle action (from Muscles, Kin119 course info):**
6. **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):**

* Biceps Brachii (Ch.2) Triceps Brachii (Ch.2)
* Neck (Ch. 3) Deltoid/Shoulders (Ch.3)
* Pectoralis Group/Chest (Ch. 4) Core (Ch. 5)
* Back (Ch.6)

1. **Know where the following muscles are located on the body(from Muscles, Kin119 course info):**

* Trapezius
* Deltoid
* Pectoralis Major
* Latissimus Dorsi
* Biceps Brachii
* Triceps Brachii
* Rectus Abdominis
* Iliopsoas
* Rectus Femoris (Quadriceps)
* Gluteus Maximus
* Gluteus Medius
* Biceps Femoris (Hamstrings)
* Tibialis Anterior
* Gastrocnemius