

Name: _____

Date: _____

PE UNIT TEST- Weight Training -1

In the space provided please print the letter that corresponds to the best possible answer to the question.

- ___1. The number of times you perform each movement of a weight training exercise is called a: a) set b) repetition c) circuit d) pyramid

- ___2. What is a set?
a) A group of reps. b) A group of workout machines.
c) A group of push-ups. d) Any two exercises done together.

- ___3. The individual who watches over a lifter to assist with the lift when needed, is called the:
a) trainer b) spooner c) spotter d) supervisor

- ___4. The chest muscle is also known as the:
a) pectide muscle b) deltoid muscle c) dectoral muscle d) pectoral muscle

- ___5. The shoulder muscles are also known as the:
a) triceps b) deltoids c) pectorals d) trapezuis

- ___6. How many “head(s)” make up the shoulder muscles?
a) 3 b) 2 c) 4 d) 1

- ___7. How many “head(s)” does the biceps muscle have?
a) 1 b) 2 c) 3 d) 4

- ___8. How many “head(s)” does the triceps muscle have?
a) 1 b) 2 c) 3 d) 4

- ___9. Which of the following muscles are stimulated when performing an “upright dip”?
a) The biceps b) The calves c) The quadriceps d) The triceps

- ___10. Which of the following muscles are stimulated when performing a “push-up”?
a) The hamstrings b) The biceps c) The quadriceps d) The chest

- ___11. Which of the following muscles are stimulated when performing a “pull-up”?
a) The soleus b) The latissimus dorsi
c) The triceps d) The gluteus maximus

- ___12. A movement that targets one muscle or one section of a muscle is called:
a) A target movement b) An isolation movement
c) A compound movement d) A strength movement

- ___13. The two muscles of the calf are:
a) The gastrocnemius & the soleus b) The quadriceps & hamstrings
c) The adductors & abductors d) The deltoids & the traps
- ___14. Which muscle(s) are isolated when performing the leg extension exercise?
a) hamstrings b) quadriceps c) gluteus maximus d) soleus
- ___15. Which muscle(s) are isolated when performing the leg curl exercise?
a) hamstrings b) quadriceps c) biceps d) soleus
- ___16. Which type of movement is the squat?
a) An isolation movement b) A compound movement
c) A deltoid movement d) A trapezius movement
- ___17. The preacher bench is primarily used to work the:
a) triceps b) lats c) biceps d) pectorals
- ___18. Which three muscles are stimulated when performing the straight bar, flat bench press?
a) Pectorals, Lats, Biceps b) Pectorals, Deltoids, Biceps
c) Pectorals, Biceps, Triceps d) Pectorals, Deltoids, Triceps
- ___19. The upper arm is composed mostly of which muscle?
a) The biceps b) The triceps c) The Pectorals d) The Lats
- ___20. Which statement is true about weight training?
a) Proper form is not important if you use heavy weight.
b) You reduce your risk of injury when you lower and raise the weights very quickly.
c) Using slow controlled movements with proper technique can help to reduce the risk of injury.
d) It is important to train the same muscle part everyday, without a rest, in order to become fit.