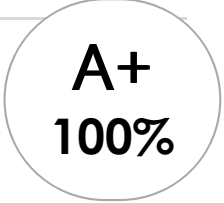


## 14 Multiple choice questions



**A+**  
**100%**

1. the process of structuring training into manageable phases
  - a. **CORRECT: periodisation**
  - b. peaking
  - c. steroids
  - d. overtraining
  
2. the individual components that collectively comprise a skill
  - a. steroids
  - b. peaking
  - c. **CORRECT: subroutines**
  - d. microcycles
  
3. a chronic psychological and physiological condition caused by training loads that are too demanding for an athlete to manage
  - a. **CORRECT: overtraining**
  - b. peaking
  - c. tapering
  - d. strength training
  
4. a general term that encompasses all types of exercise designed to improve strength and increase muscle size
  - a. strength
  - b. starting strength
  - c. **CORRECT: strength training**
  - d. overtraining
  
5. the phase of training in which performance is optimised to meet the demands of a race
  - a. tapering
  - b. power
  - c. steroids
  - d. **CORRECT: peaking**

6. short training cycles containing specific details and usually cover a period of about 7-10 days
  - a. subroutines
  - b. **CORRECT: microcycles**
  - c. power
  - d. steroids
  
7. the ability to execute the subroutines in correct sequence
  - a. tapering
  - b. strength training
  - c. **CORRECT: temporal patterning**
  - d. overtraining
  
8. a special range of exercises in which a muscle is lengthened using an eccentric contraction and this is rapidly followed by a shortening or concentric contraction
  - a. power
  - b. **CORRECT: plyometrics**
  - c. peaking
  - d. steroids
  
9. a safe form of stretching in which the stretch is held for a period of 10-30 seconds
  - a. tapering
  - b. **CORRECT: static stretching**
  - c. strength training
  - d. starting strength
  
10. the rate at which force is produced per unit of time
  - a. tapering
  - b. **CORRECT: power**
  - c. peaking
  - d. strength

11. the period immediately before competition when the volume and intensity of training is reduced
  - a. steroids
  - b. peaking
  - c. power
  - d. **CORRECT: tapering**
  
12. the ability to 'turn on' as many muscle fibres as possible in the performance of a movement
  - a. **CORRECT: starting strength**
  - b. strength
  - c. static stretching
  - d. strength training
  
13. the ability of a muscle or muscle group to exert a force against a resistance
  - a. tapering
  - b. **CORRECT: strength**
  - c. steroids
  - d. power
  
14. derivatives of the male sex hormone testosterone and cause development of masculine characteristics
  - a. tapering
  - b. strength
  - c. **CORRECT: steroids**
  - d. peaking