Study Questions for Weight Training

1. What is an ergogenic aid?

2. What is the best lifting method or routine for a person interested in body building?

3. What is power and how can it best be developed?

4. What do men have a greater capacity for strength development and muscle growth than do women?

5. Define isotonic?

6. Define isometric?

7. Define isokinetic?

8. What are the two distinctive types of muscle fibers and what is each one responsible for?

9. What are the three sources for energy for the body?

10. What is the best method for losing weight?

11. What is fasting ineffective?

12. What is eccentric contraction?

13. What is hypertrophy?

14. What is negative resistance exercise?

15. What is the law of use and disuse?

16. What is the said principle?

17. What is the law of overcompensation?

18. What is the overload principle?

19. What is the isolation principle?

20. What does the rest-pause system of training involve?

21. Distinguish between the specific ways of lifting to develop strength, muscular endurance, and muscle size and give percentage of 1-RM, and number of repetitions and sets.

22. List and describe the three energy levels.