WEIGHT TRAINING

*Know the following for pop quizzes which will begin the third week of classes. If you are absent with an unexcused absence, you will miss the points the day the quiz is given. You may only make up a quiz with a legitimate written excuse from an instructor, a physician or the ABAC health center. Make ups must be done the next class day.

Terminology:

Atrophy-decrease in the size of a muscle
Hypertrophy_increase in the size of a muscle
Concentric contraction-the shortening of the muscle (positive phase)-ex: bicep curl
Eccentric contraction-the lengthening of the muscle (negative phase)-ex: lowering after bicep curl
Flexion-decrease in the angle of a joint
Extension-increase in the angle of a joint
Abduction-movement away from the mid-line of the body
Adduction-movement toward the midline of the body
Isometric exercises-muscle tension with no change in joint angle(no noticeable external movement)
Isotonic exercises-muscle tension with change in joint angle
Ergogenic Aid-factors that enhance performance(may be good, like music or may be bad, like steroids)
Set-a grouping of repetitions
Repetition-the completion of the full motion(doing one exercise one time)

Miscellaneous:

Law of Specificity-“train the way you want your body to change;” train for a specific muscle group(ex:crunches to increase abdominal strength/tone/endurance)
Overload Principle-the concept that you must keep increasing the load or resistance to increase strength or size
Functional Training-movement or exercise that allows us to perform our tasks with better performance or efficiency.
Lifting for endurance vs. Lifting to build strength-endurance(more reps/less weight); strength(more weight/less reps)

Muscles to Locate:

Latissimus Dorsi(Lats) Trapezius(Traps)
Biceps Brachii Biceps Femoris(part of Hamstrings)
Quadriceps(Quads) Gastrocnemius
Pectorals(Pecs) Gluteals(Glutes)
Rectus Abdominus Obliques
Deltoids(Delts) Erector Spinae
Triceps(Tri-s) Flexors/Extensors of Arm