

AFLCA FITNESS THEORY STUDY QUESTIONS

These questions are a sample of the types of questions you will encounter on the Fitness Theory exam. The answers can be found with the study guide solutions.

1. The primary force used for extension of the elbow joint is provided by the:
 - a) biceps
 - b) trapezius
 - c) pectoralis major
 - d) triceps
2. Circumduction involves:
 - a) flexion, adduction, rotation, abduction, extension
 - b) flexion, extension
 - c) abduction, retraction, flexion, adduction, extension
 - d) horizontal flexion and extension, rotation
 - e) rotation
3. The best indicator for measuring the intensity of a workout is:
 - a) vigorous breathing
 - b) heart rate
 - c) sore muscles
 - d) total time involved
4. Stretching a muscle quickly and/or forcefully results in:
 - a) atrophy of the muscle
 - b) herniation of the muscle
 - c) reflex relaxation of the muscle
 - d) reflex contraction of the muscle
5. Pronation and supination occur at the:
 - a) spine
 - b) ankle
 - c) shoulder
 - d) neck
6. Intensity is:
 - a) the length of time spent on each activity
 - b) the number of times a specific activity is performed
 - c) the percentage of maximum capacity one is working at
 - d) how tired you feel after an activity
7. Muscle action where the muscles surrounding a joint are stretched by the force generated as a body part is repeatedly moved is this stretching technique.
 - a) static stretching
 - b) dynamic stretching

Fitness Theory Study Guide 2004

CL Gary



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