

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **Peak Performance: 7th Grade Solo Sports Strategy Quiz**

Calculate heart rate zones and design periodized training plans to reach the summit of individual athletic excellence.

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**1. When designing a 'Periodization' plan for a solo sport like cycling, which phase focus is most likely to involve high-intensity intervals right before a major competition?**

- A. The Preparatory Macrocycle
- B. The Transition/Recovery Phase
- C. The Peaking or Tapering Phase
- D. The Hypertrophy Base Phase

**2. In competitive archery or riflery, the ability to control one's breathing and heart rate to find the 'quiet period' between heartbeats is known as \_\_\_\_.**

- A. Biometric Stasis
- B. Biofeedback Control
- C. Anaerobic Threshold
- D. Proprioceptive Neuromuscular Facilitation

**3. True or False: Using a 'fartlek' training method involves a strictly timed, repetitive cycle of work and rest with no variation in terrain or pace.**

- A. True
- B. False

**4. A triathlete wants to improve her 'Transition 1' (T1) time. Which specific skill synthesis is most important for this individual sport segment?**

- A. Aerobic respiration efficiency
- B. Neuromuscular coordination for rapid gear changes
- C. Explosive power for the final sprint
- D. Lactate threshold management during the swim

**5. If a 13-year-old athlete wants to train in their 'Aerobic Zone' (70-80% of Max Heart Rate), and their MHR is roughly 207 bpm, their target range should be approximately \_\_\_\_.**

- A. 100 - 125 bpm
- B. 145 - 165 bpm
- C. 180 - 200 bpm
- D. 85 - 110 bpm

**6. True or False: Plyometric exercises, such as depth jumps, primarily target the 'Stretch-Shortening Cycle' (SSC) to increase explosive power for events like the high jump.**

- A. True

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B. False

**7. In the context of 'Skill Acquisition,' which stage of learning is an individual athlete in if they can perform a complex tennis serve while focusing on wind direction rather than their own grip?**

- A. Cognitive Stage
- B. Associative Stage
- C. Formative Stage
- D. Autonomous Stage

**8. A climber practicing 'dynamic' movements versus 'static' movements is primarily manipulating their \_\_\_\_\_ to maintain upward momentum.**

- A. Center of Gravity
- B. Basal Metabolic Rate
- C. Bone Density
- D. Respiratory Quotient

**9. True or False: Hypertrophy training focuses specifically on increasing the number of muscle fibers rather than the size of existing muscle cells.**

- A. True
- B. False

**10. Which training principle is being applied when an athlete slowly increases the resistance or duration of their workout to avoid a performance plateau?**

- A. Specificity
- B. Reversibility
- C. Progressive Overload
- D. Individualization