Name: _____ **Date:** _____

Periodization & Performance: Your Senior Year Fitness Strategy Quiz

Metabolic demands, hypertrophy, and the FITT principle—the science behind peak performance. Evaluate your understanding of high-level individual training methodologies.

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1. When training for a triathlon, which principle suggests that your body will specifically adapt to the unique cardiovascular demands of open-water swimming versus cycling?

A. The Principle of Specificity
B. The Reversibility Concept
C. The Overload Threshold
D. The Law of Diminishing Returns

2. In a long-term periodization plan, the 'Macrocycle' typically refers to an entire year of training leading up to a peak performance goal.

A. True
B. False

3. In resistance training, focusing on _____ occurs when a lifter performs a high volume of repetitions (8-12) at a moderate intensity to increase muscle size.

A. Atrophy
B. Hypertrophy
C. Neuromuscular adaptation
D. Plyometrics

4. Which of these individual athletes would most likely utilize 'Plyometric' training to improve their explosive power?

A. A long-distance marathon runner
B. A decorative archer
C. A high jumper
D. A tai chi practitioner

5. Static stretching is considered the most effective way to warm up the nervous system immediately before a high-intensity 100-meter dash.

A. True
B. False

6. The FITT principle is a foundational acronym used to design workouts; the 'I' in FITT stands for _____.

A. Interval
B. Incline
C. Intensity
D. Isometrics

Name: _____ Date: _____

7. Which energy system is primarily responsible for fueling a short, maximum-effort activity such as a 50-meter freestyle swim sprint?

A. Oxidative system
B. Aerobic respiration
C. Lipid metabolism
D. ATP-CP (Anaerobic) system

8. To avoid a plateau in a personal fitness routine, an individual should use 'Progressive Overload' by gradually increasing the weight, frequency, or number of repetitions.

A. True
B. False

9. A mountain biker who focuses on core stability exercises to maintain balance on technical trails is working on _____, which helps control body position during movement.

A. Proprioception
B. Cardiovascular drift
C. Lactic acid clearance
D. Hyperextension

10. Which of the following describes 'Active Recovery' for an individual athlete?

A. Complete bed rest for 48 hours
B. Low-intensity movement like walking to help clear metabolic waste
C. Performing a maximal lifting session immediately after a race
D. Eliminating all movement to prevent muscle soreness