

Name: _____ Date: _____

Could You Optimize Your Peak Performance? College Individual Fitness Quiz

Analyze physiological adaptations and biomechanical strategies to refine personal training regimens through a lens of sports science and kinesiology.

1. When utilizing the 'Periodization' model in individual strength training, which phase is characterized by high-volume, low-intensity work to establish a physiological foundation?

- A. The Competitive Phase
- B. The Hypertrophy/Preparatory Phase
- C. The Power Phase
- D. The Peaking Phase

2. In competitive cycling, the 'cadence' refers specifically to the amount of force applied to the pedals rather than the revolutions per minute (RPM).

- A. True
- B. False

3. In the context of endurance sports like triathlon, the _____ is the physiological point where lactate acid builds up in the blood faster than the body can remove it.

- A. VO2 Max
- B. Lipid Metabolism Ceiling
- C. Lactate Threshold
- D. Oxygen Deficit

4. Which biomechanical principle is most critical for a rock climber attempting to maintain stability on a vertical surface using '3 points of contact'?

- A. Projectile Motion
- B. Static Equilibrium
- C. Angular Momentum
- D. The Magnus Effect

5. An individual athlete focusing on 'Plyometrics' is primarily seeking to improve which specific physiological connection?

- A. Aerobic oxidation
- B. Flexibility and joint laxity
- C. The stretch-shortening cycle (SSC)
- D. Type I muscle fiber density

6. A marathoner often experiences 'hitting the wall' around mile 20 due to the depletion of _____ stores in the muscles and liver.

- A. Creatine Phosphate

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- B. Myoglobin
- C. Glycogen
- D. Triglycerides

7. Active recovery, such as low-intensity yoga or walking, is scientifically proven to be less effective at removing blood lactate than total sedentary rest.

- A. True
- B. False

8. In the context of the FITT principle, 'Specificity' dictates that an athlete training for a 100m sprint should focus on which energy system?

- A. The Aerobic System
- B. The Phosphagen (ATP-CP) System
- C. Beta-Oxidation
- D. The Citric Acid Cycle

9. Proprioceptive Neuromuscular Facilitation (PNF) is a sophisticated technique used in individual fitness to increase _____ by involving both stretching and contracting the muscle group.

- A. Force Production
- B. Bone Density
- C. Flexibility (Range of Motion)
- D. Neurological Endurance

10. Functional training focuses on movements that mimic real-world activities or specific sport-related skills rather than isolating individual muscles on fixed machines.

- A. True
- B. False