1. What is the body’s ability to undergo prolonged physical activity?
2. Why is hot and humid worse than hot and dry for an athlete to play in?
3. Placing an ice bag on someone to cool them off is an example of what type of heat exchange?
4. Hyperthermia is when the body temperature gets too high. True/False
5. What is 1 method to prevent hyperthermia
6. If you do 3 sets of 15 reps you are trying to increase muscle strength. True/ False
7. What is a rep and set?
8. How long do we hold stretches for?
9. What does ROM stand for and how do we increase it?
10. The action a muscle has is going to be what type of contraction?
	1. Concentric b. eccentric c. isometric d. isokinetic

Questions 11-13: What are 2 examples of each of the different types of joints? Uniaxial, etc.

 14. What covers the articulating portions of bones?

Use these for the next 2 questions: The iliopsoas flexes the hip, the gluteus maximus extends it

 15. When extending the hip what is the agonist muscle?

 16. When extending the hip what is the antagonist muscle?

 17. What is the awareness of the body in space called? And how do we improve it?

 18. What are the 5 stages of rehab progression in order?

 19. This type of muscle fiber is very sensitive to fatigue and is used for short anaerobic, high force production activities, such as sprinting, hurdling, and jumping?

 20. What activity is the slow oxidative muscle best for?

 22. What is an example of acclimatization and explain it?

 23. Write 5 exercises in a proper order for a dynamic warm-up. Identify what system they prepare

24. What are 4 pre-existing conditions that may be found on a pre-participation physical?

25. What are 2 disqualifying conditions that may be found in a pre-participation physical?

26. Range of motion of a specific joint or muscle is?

A. Endurance B. Flexibility c. acclimatization d. strength

27. Which type of contraction can produce more force?

A. Eccentric B. Concentric

28. What type of contraction is best immediately following a strain or surgery?

 a. isokinetic b. concentric c. eccentric d. isometric

29. Which of the following is NOT part of the Axial Skeleton?

A. Skull B. Vertebral Column C. humerus

D. Ribs E. Sternum

30. The attachment site of a muscle that is the fixed or less mobile site; usually the proximal attachment is what?

A. Origin B. Insertion C. Action

31. The attachment site of a muscle that is the movable site; usually the distal attachment is what?

A. Origin B. Insertion C. Action

32. What form of stretching should be avoided?

A. PNF B. static C. ballistic

33. What is a fluid filled sac that decreases friction?

 a. articular cartilage b. tendon c. bursa d. ligament

35. What is the relationship between the golgi tendon organ and the muscle spindle?