

Name: _____

CHAPTER 4 WORKSHEET
FITNESS & CONDITIONING TECHNIQUES

MATCHING

- | | |
|--------------------------------|----------------------------------|
| _____ 1. Ballistic stretch | A. Adapting to demands |
| _____ 2. Anaerobic | B. Produces movement |
| _____ 3. Aerobic | C. Weight lifting and sprinting |
| _____ 4. Isometric contraction | D. Stretched muscle |
| _____ 5. Flexibility | E. Repetative muscle contraction |
| _____ 6. Antagonist | F. Increase in muscle size |
| _____ 7. Overload | G. One repetition maximum |
| _____ 8. Agonist | H. Speed play |
| _____ 9. Strength | I. Range of motion |
| _____ 10. Endurance | J. Decrease in muscle size |
| _____ 11. Hypertrophy | K. Quick stretch |
| _____ 12. Fartlek | L. Alternating periods of work |
| _____ 13. Interval | M. No change in muscle length |
| _____ 14. Atrophy | N. Long distance running |

SHORT ANSWER

15. What does SAID stand for? What is the *SAID Principle*? _____

16. What is/are the difference(s) between *strength* versus *power*?
 Strength— _____
 Power— _____
17. Why is maintaining flexibility/ROM important? _____

18. When are most sports injuries likely to occur during a sport's season? Why? _____

19. Which is considered more effective, a *passive* or *active* cool-down? Why? _____

20. How can one reduce delayed onset muscle soreness (DOMS)? _____

21. Describe the difference between muscle *soreness* versus muscle *stiffness*. _____

LISTING

22. Identify a piece of equipment or device/machine which could be used for each type of resistance training.
a. Isotonic— _____
b. Isometric— _____
c. Isokinetic— _____

23. Name four characteristics/attributes of training you could increase to achieve the *overload principle*.
a. _____
b. _____
c. _____
d. _____

24. Name two factors which can affect an individual's ability to improve *endurance*?
a. _____
b. _____

25. Describe two functions/purposes of the *warm-up period* of a workout?
a. _____

b. _____

ESSAY

26. Describe the *stretch reflex*. What are the roles of the *Golgi tendon organs* and *muscle spindles* in the reflex?

27. Describe how and when *ballistic* stretching, *static* stretching and PNF stretching are done. What are some advantages/disadvantages one type of stretching has over another?

