

Successful Coaching ASEP Test 2024-2025 PRACTICE EXAM FULLY SOLVED % UPDATED (100% ACCURATE)

What is a major source of energy that powers an athlete's muscles? - answer: carbohydrates

When an athlete first starts to exercise, her initial energy needs are provided primarily by the aerobic energy system. - answer: false

Which muscle fibers have the greatest capacity to produce energy via the anaerobic energy system? - answer: fast glycolytic fibers

When an athlete is at rest, her muscles use about 20 percent of the body's energy, and her brain uses about 30 percent of the body's energy. - answer: false

The frequency of exercise is the most important factor in designing and monitoring an energy training program. - answer: false

What is muscular endurance? - answer: e. a muscle's ability to contract repeatedly or sustain a continuous contraction involving less than maximum force

How can an athlete improve her running speed? - answer: Run at her top speed with added resistance.

Resistance training improves muscular endurance by increasing the ability of muscles to work aerobically. - answer: false

In resistance training, what is the term for the weight a muscle lifts? - answer: c. resistance

With training, muscular endurance increases as much as 30 percent per week. - answer: true

Successful Coaching Set Txt Sgw Unused Test 3rd

Roman Wölfel



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