



U103: USA Gymnastics Fitness Program Test

- 1) You should Stretch your muscles after exercising because they _____ up and _____ during the exercise.
 - A: Loosen; Shorten
 - B: Tighten; Shorten
 - C: Loosen; Grow
 - D: Tighten; Grow

- 2) According to the guidelines for stretching/flexibility exercises, stretches should be held for _____ seconds.
 - A: 5-10
 - B: 10-20
 - C: 20-30
 - D: 30-40

- 3) Learning balance helps the most with:
 - A: Awareness
 - B: Coordination
 - C: Concentration
 - D: All of the above

- 4) Most kids and teens require between _____ and _____ calories per day.
 - A: 1200; 2400
 - B: 1400; 2600
 - C: 1600; 2800
 - D: 1800; 3000

- 5) At least 50-60 percent of a young athlete's total daily caloric intake should come from _____.
 - A: Protein
 - B: Carbohydrates
 - C: Vegetables
 - D: Fats

- 6) Children younger than 18 years old should exercise for at least 60 minutes a day or track at least _____ steps daily on a pedometer
- A: 500
 - B: 11,000
 - C: 15,000
 - D: 20,000
- 7) Choose lean meats and ground beef that are at least _____ lean
- A: 75%
 - B: 50%
 - C: 90%
 - D: 80%
- 8) _____ is considered to be the most common nutritional disorder of U.S. children.
- A: Diabetes
 - B: Dehydration
 - C: Anemia
 - D: Obesity
- 9) The _____ repetition rule is a good guideline to use when teaching strength training.
- A: 10-20
 - B: 20-30
 - C: 30-40
 - D: 40-50
- 10) What is the target heart rate for children 5-7 years old?
- A: 137 BPM
 - B: 133 BPM
 - C: 130 BPM
 - D: 115 BPM
- 11) What movement exercise engrains eccentric motor control in the athlete's neuromuscular system?
- A: Bridge
 - B: Squats
 - C: Depth Drop
 - D: Lateral Step
- 12) What is an amortization phase?
- A: The length of time in the air while jumping.
 - B: The length of time of transition between reps.
 - C: The length of time your muscles are fully exerted.

- D: The length of time stretching before an exercise.
- 13) During a lateral plank, what is the main muscle group that is engaged?
- A: Chest
 - B: Arms
 - C: Gluteal
 - D: Abdominal
- 14) During a basic prone plank, what is the proper alignment of the athlete's shoulders and elbows?
- A: Elbows should be raised above shoulder level.
 - B: Elbows should be extended as far from torso as possible.
 - C: Elbows should be touching the chest.
 - D: Elbows should be directly under shoulders.
- 15) Which of the following exercises assists in the prevention of ACL injuries?
- A: Quadruped Extensions
 - B: Pull-Up Progression
 - C: Push ups
 - D: Medial Plank
- 16) Which of the following is *not* a way to determine if an athlete is ready to progress to an intermediate or advanced phase of an exercise?
- A: Observing the athlete's facial expressions.
 - B: Using baseline measurements for participants.
 - C: The athlete's parent states that they are ready to advance.
 - D: Using charts to measure progress.
- 17) The "pretzel stretch" relaxes and increases the flexibility of what major muscle group?
- A: Glute Piriformis
 - B: Groin
 - C: Anterior Shoulder
 - D: Wrists
- 18) A _____ is a measurement of an athlete's progress used to compare their current performance against their past performance and future goals.
- A: Target Heart Rate
 - B: Baseline
 - C: Fitness Program
 - D: Fitness Goal

- 19) What is the target heart rate for athletes 12-15 years old?
- A: 137 BPM
 - B: 133 BPM
 - C: 130 BPM
 - D: 115 BPM
- 20) For a 2,000- calorie daily food plan, you should eat _____ cups of vegetables a day.
- A: 2 ½
 - B: 1
 - C: 3
 - D: 1 ½
- 21) A young athlete should get 3 cups of dairy every day, which of the following count as a cup of dairy?
- A: All of the below
 - B: 1 cup of milk
 - C: 1 cup of yogurt
 - D: 1 ½ ounces of natural cheese
- 22) Young athletes should get at least _____ minutes of exercise/activity a day:
- A: 30
 - B: 45
 - C: 60
 - D: 95
- 23) A young athlete's plate should be _____ fruits and vegetables:
- A: All
 - B: 1/2
 - C: 1/4
 - D: 1/3
- 24) A young athlete should cut back on foods high in _____.
- A: Solid Fats
 - B: Added Sugars
 - C: Added Salts
 - D: All the above

25) Soda, energy drinks, and sports drinks are a major source of added sugar, and _____, in American diets.

- A: Calories
- B: Vitamins
- C: Minerals
- D: Fiber

26) Strength training is a very important part of any fitness program. Not only does it help strengthen muscles, but it also helps strengthen tendons, ligaments and _____.

- A: joints
- B: bones
- C: flexibility
- D: reaction time

27) Eating too fast can lead to _____.

- A: Eating too many calories
- B: Not eating enough
- C: Eating just the right amount
- D: Eating only healthy food

28) Limit 'empty calories' to less than _____ a day.

- A: 300
- B: 325
- C: 275
- D: 260

29) Flexibility exercises, or stretching exercises, help _____ the range of motion for a given joint or set of joints.

- A: Increase
- B: Decrease
- C: Both A & B
- D: Neither A or B

30) Which of the following is *not* a tip for leading a cardiovascular game?

- A: Always name the game.
- B: Stop the game and explain the rules again if it is being played incorrectly.
- C: Be creative and craft your own variations.
- D: Always give the winner a prize or reward.

