

## **Chapter 5 Quiz: Identification of Training System Recovery Rates**

1. T/F – The length of the rest interval is dictated by the training goal.
2. T/F – Functional training system reps range from 6-9.
3. Which training system profile would dictate a :90-:180 rest interval?
  - A. Endurance
  - B. Endurance Hypertrophy
  - C. Functional Hypertrophy
  - D. Relative Function
4. 'Anaerobic Alactic' is linked to which of the following?
  - A. Lactic Acid for partial recovery
  - B. Glycogen depletion recovery
  - C. Neural, ATP/CP recovery
  - D. Neuro-Metabolic recovery
5. Which of the flowing is NOT a description of 'Hypertrophy'?
  - A. Lactic Acid partial recovery
  - B. :90-:120 rest interval
  - C. 9-13 rep range
  - D. :40 - :70 TUT
6. T/F –Short rest periods are linked to psychological anxiety and fatigue.
7. T/F –Disturbed movement coordination is linked to one of the main causes of fatigue.
8. When training the \_\_\_\_\_ system, the longest rest intervals are required.
  - A. Neural Drive
  - B. Maximal Strength
  - C. Relative Strength
  - D. None of the above
9. T/F – The size and strength of the trainee dictates the rest interval.
10. T/F –Maximal strength development includes a maximum 15 second intra-set rest.

Answers: 1.) T 2.) F 3.) C 4.) C 5.) C 6.) T 7.) T 8.) B 9.) T 10.) T

