

## **Chapter 7 Quiz: Systematic Delivery to the Practical Audience**

1. T/F – Primary age range APX modifies the Poliquin system for is 13-18.
2. T/F – Monotony is the death of training culture.
3. Which is NOT a component that Poliquin Principles emphasizes?
  - A. Nutrition & Supplementation
  - B. Warm up
  - C. Relative strength
  - D. Anaerobic energy system
4. Which of the following are description(s) of the APX training system.
  - A. Aquatics
  - B. Yoga
  - C. Hypertrophy
  - D. All of the above
5. Choose the best response for describing a competition meso-cycle.
  - A. Nature of the sport
  - B. Level of the athlete
  - C. Competition calendar
  - D. A, B & C
6. T/F – Low volumes of trainees are more conducive for Relative strength application.
7. T/F – 240-300 calendar training days per year is optimal.
8. Rest intervals greater than \_\_\_\_\_ seconds are difficult to attain in the classroom setting?
  - A. :30-:120
  - B. :60-:120
  - C. :90-:120
  - D. :30-:90
9. T/F – One benefit of mirror training is adding another coach for the trainee.
10. T/F – Meso-cycles promote increases in load when volume decreases.

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

