Quiz Bowl Day is here! Next Tuesday, Olympic Lifting technique + J-MAK kits!!

BI 199 APWT Discussion 11

I. **Announcements** Poster outlines? J-MAK kits next Tuesday!

II. **Quiz Bowl Group Competition**

III. **Quiz Bowl Review & Scoring**

Tiggr’s a lil’ nervous ‘bout da Quiz Bowl – rather be doing plyos?

Don’t worry Tiggr, we’re taking the Quiz in groups! We’ll be fine!
1. Which of the following is the study or science of structure, that primarily identifies macroscopic structures and asks questions about what and where?

2. Abduction is an action that
   a. decreases a joint angle.
   b. increases a joint angle.
   c. moves a limb away from the midline of the body.
   d. moves a limb toward the midline of the body.

3. Weight training is least likely to induce substantial improvements in which of the following components of health-related fitness?
   a. Cardiorespiratory endurance
   b. Flexibility
   c. Muscular strength & local muscular endurance
   d. % Body fat
   e. Neuromuscular relaxation

4. Which exercise pair best demonstrates superior-inferior balance?
5. Which muscle groups are worked extensively by the squat, but not by the leg press?
   a. Gluteal group  b. Quadriceps  c. Adductors  d. Erector spinae

6. Why use soft knees or bend the knees for all standing exercises?
   a. To decrease tautness of the iliopsoas group.
   b. To prevent tugging on the lumbar spine.
   c. To decrease stress on vertebral column ligaments.
   d. To protect the lower back.
   e. All of the above are correct.

7. Which of the following single-joint action exercises is best for working the pectoral group and eliminates the triceps brachii?

8. The Bodybuilder’s Syndrome is a disproportionate focus on the development of which muscle regions?

9. Which exercise best isolates the soleus?

10. Which grip is best for isolating the latissimus dorsi muscles?
1. Which of the following is the study or science of structure…?


ANATOMY VS PHYSIOLOGY
STRUCTURE VS FUNCTION
WHAT? VS HOW?
WHERE? VS WHY?
2. *Abduction* is an action that
   a. decreases a joint angle.
   b. increases a joint angle.
   c. moves a limb away from the midline of the body.
   d. moves a limb toward the midline of the body.
3. Weight training is least likely to induce substantial improvements in which of the following components of health-related fitness?

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4. Which exercise pair best demonstrates Superior-Inferior balance?

5. Which muscle groups are *worked extensively* by the squat, but *not* by the leg press?

a. Gluteal group  
b. Quadriceps  
c. Adductors  
d. Erector spinae

- Lower back
6. Why use *soft knees* or *bend the knees* for all standing exercises?
   a. To decrease tautness of the iliopsoas group.
   b. To prevent tugging on the lumbar spine.
   c. To decrease stress on vertebral column ligaments.
   d. To protect the lower back.
   e. All of the above are correct.
Lower back stress by flexing hips & bending knees
Contract abdominals, bend knees, widen stance to reduce back stress!
**Iliopsoas** with **Knees Straight vs. Bent?**

- **Knees Straight**: Taut & tugs on lower back!
- **Knees Bent**: Collapsed & relieves stress!

**Hip Flexors?** *Iliopsoas, rectus femoris, sartorius*

**Feet Anchored vs. Unanchored?** *Unanchored*
7. Which of the following single-joint action exercises is best for working the pectoral group and eliminates the triceps brachii?

Sternocleidomastoid

Trapezius

Pectoralis major (clavicular portion)

Deltoid

Pectoralis major (sternal portion)

Biceps

Brachialis

Serratus anterior

External oblique muscle of abdomen
Correct Fly Technique: Hug the Oak Tree!!

Pretty good technique, but keep those wrists straight!
8. The *Bodybuilder’s Syndrome* is a disproportionate focus on the development of which muscle regions?

a. Posterior-Inferior  

b. Anterior-Superior

c. Anterior-Posterior  

d. Superior-Inferior
9. Which exercise best isolates the **soleus**?

a. Russian dead lift  
b. Straight-knee calf raise  
c. Bent-knee calf raise  
d. Lunge
10. Which *grip* is best for isolating the *latissimus dorsi muscles*?  
   a. Supinated wide  
   b. Pronated shoulder-width  
   c. Alternate wide  
   d. Pronated wide
Shoulder-width grip → more Latissiumus dorsi

Wider grip → more Rhomboids, middle Trapezius
Rhomboid muscles include
Major & minor

Courtesy S. Dawson, U of O