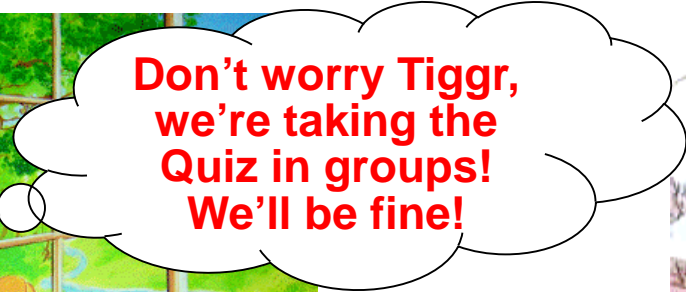
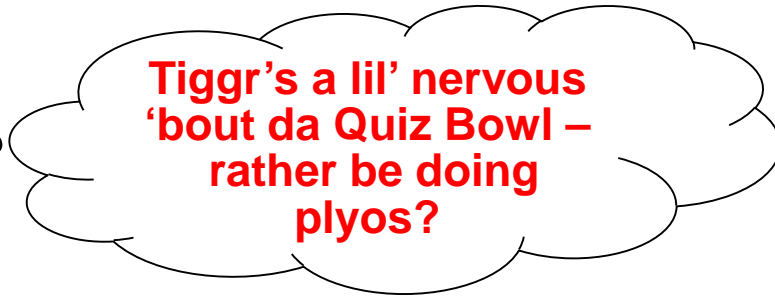




...**Quiz Bowl Day is here!** Next Tuesday,
Olympic Lifting technique + J-MAK kits!!

BI 199 APWT Discussion 11

- I. Announcements** Poster outlines?
J-MAK kits next Tuesday!
- II. Quiz Bowl Group Competition**
- III. Quiz Bowl Review & Scoring!**



APWT Quiz Bowl, Group Competition

1. Which of the following is the *study or science of structure*, that primarily identifies macroscopic structures and asks questions about *what and where*?
 - a. Physiology
 - b. Anatomy
 - c. Histology
 - d. Biology

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*?
 - a. Leg ext-Leg curl
 - b. Bench press-Squat
 - c. Biceps curl-triceps ext
 - d. a.,b.& c.

APWT Quiz Bowl, Group Competition

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*?
 - a. Lat pull
 - b. Chest fly
 - c. Military press
 - d. Bench press
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

1. Which of the following is the *study or science of structure*...?

a. Physiology

b. Anatomy

c. Histology

d. Biology

ANATOMY

VS

PHYSIOLOGY

STRUCTURE

VS

FUNCTION

WHAT?

VS

HOW?

WHERE?

VS

WHY?



VS



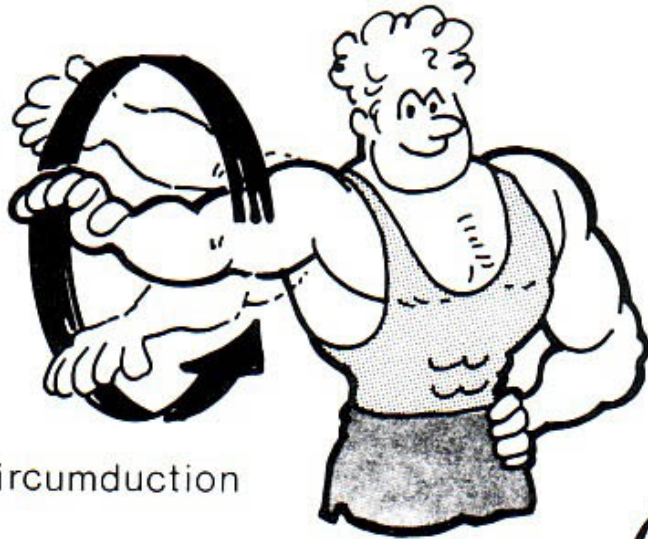
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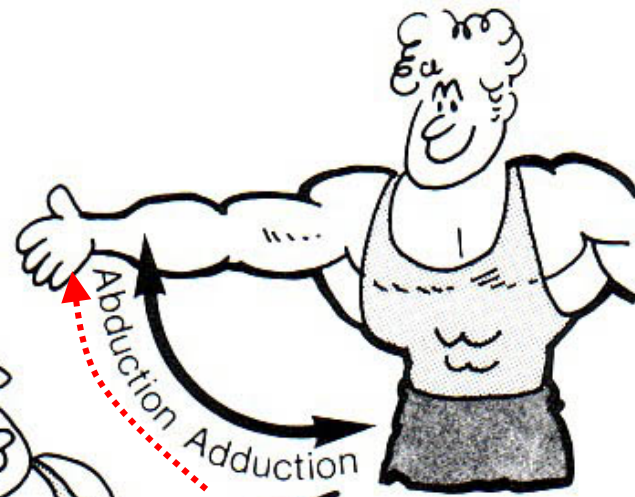
b. increases a joint angle.

~~c. moves a limb away from the midline of the body.~~

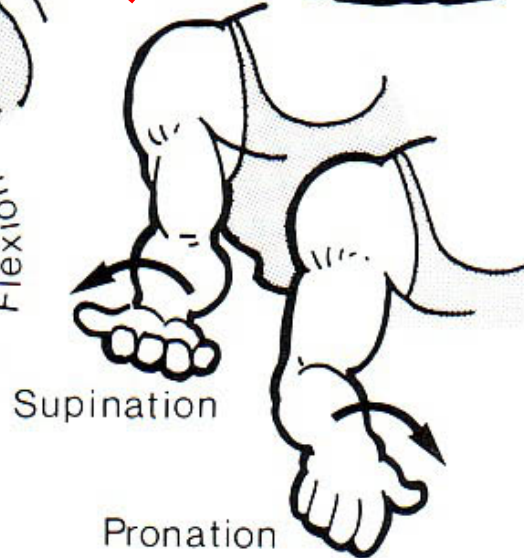
~~d. moves a limb toward the midline of the body.~~



Circumduction



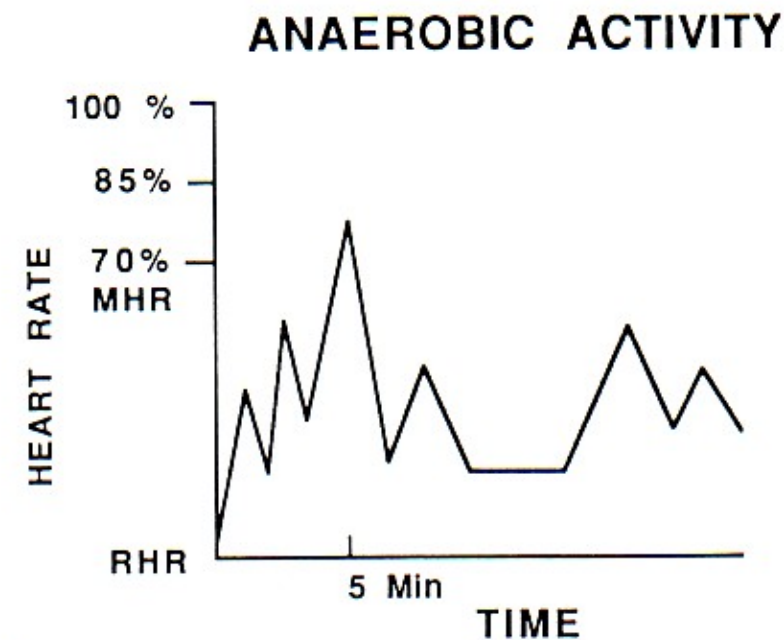
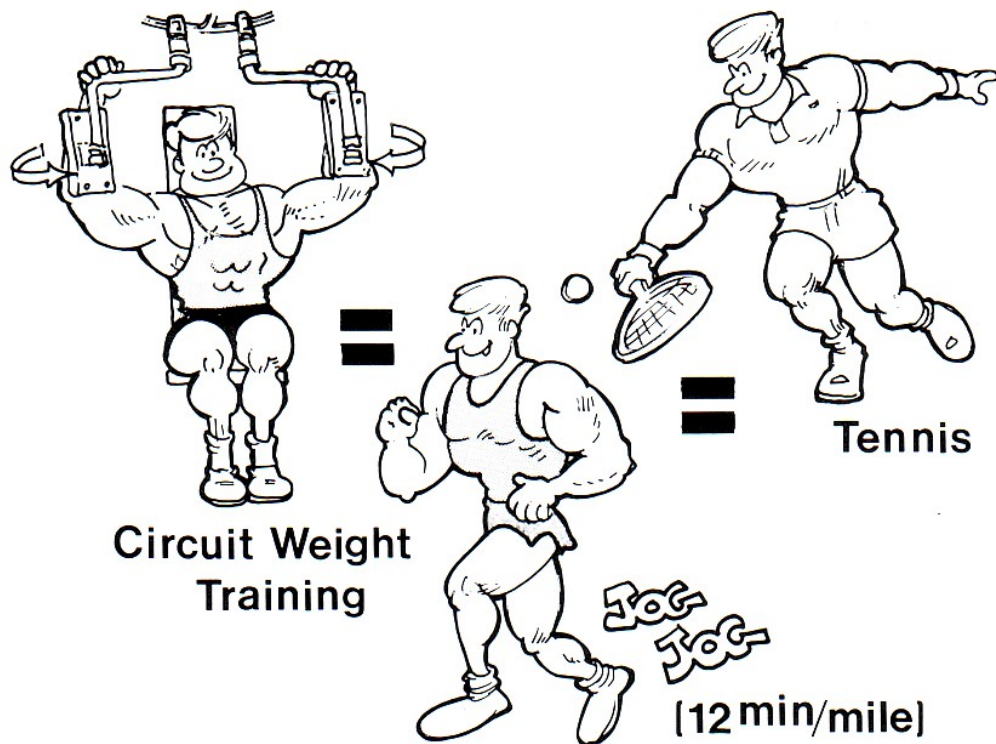
Rotation
(about long axis)



Pronation

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
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B

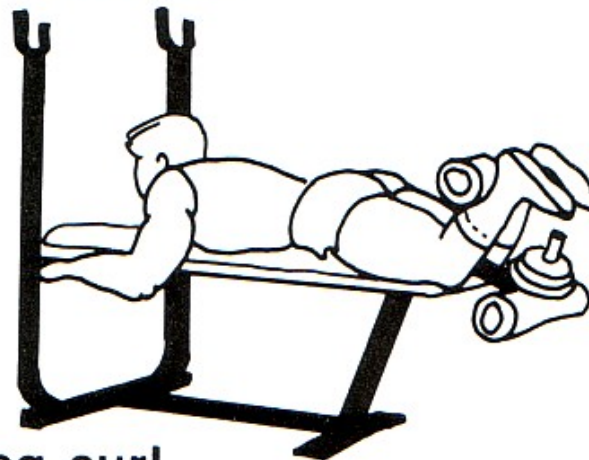
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Anterior - Posterior Balance

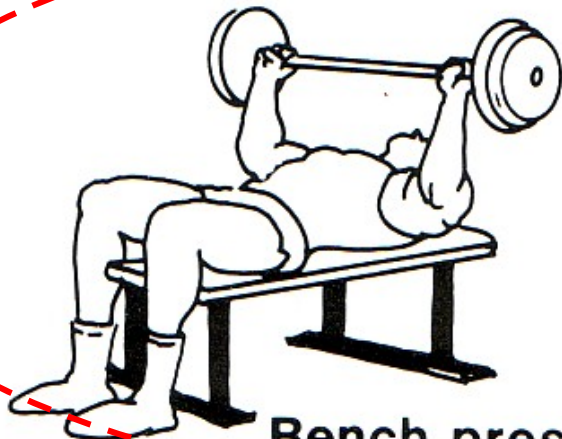


Leg extension



Leg curl

Superior - Inferior Balance



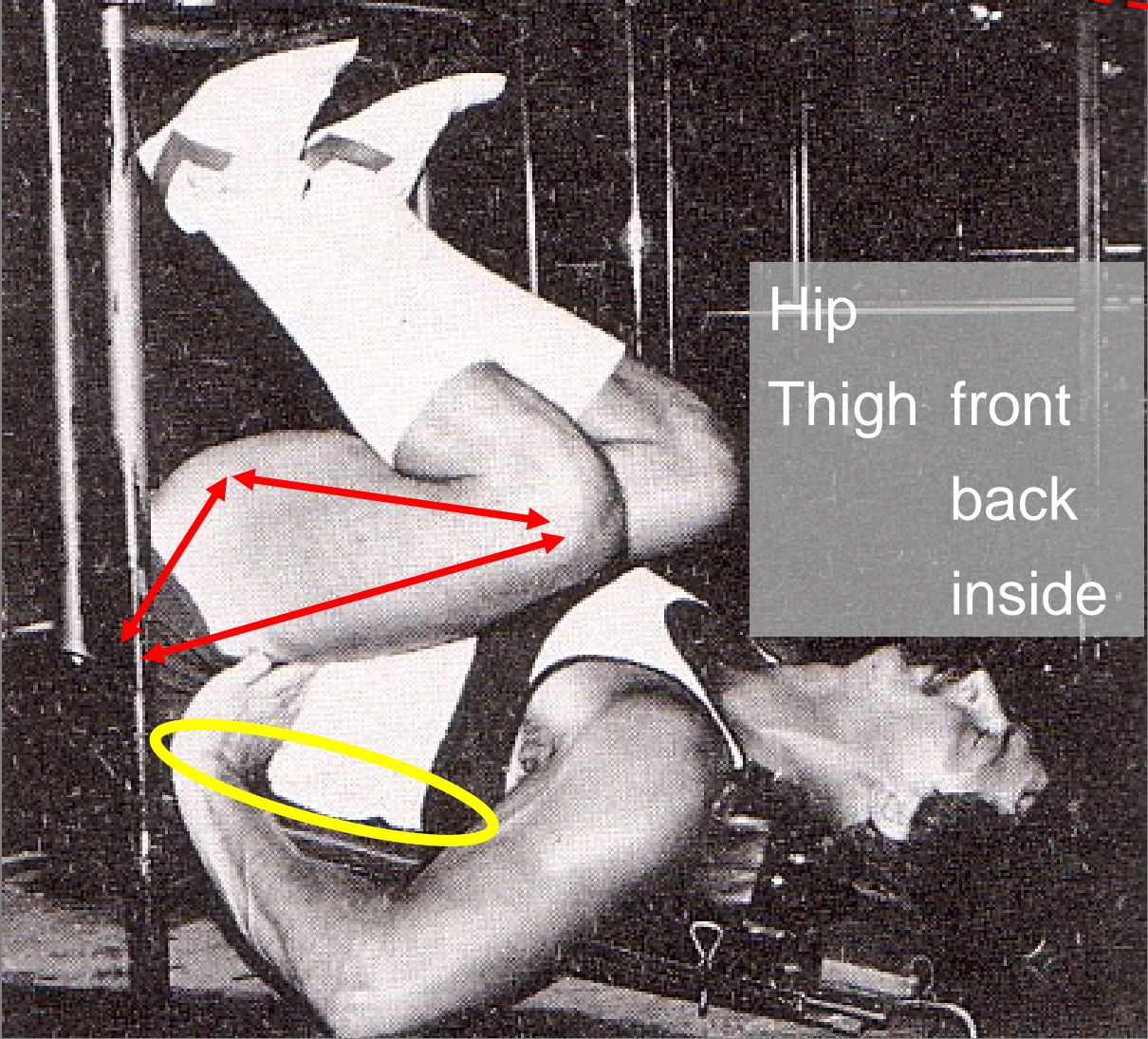
Bench press



Squat

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



Hip
Thigh front
back
inside

Leg Press

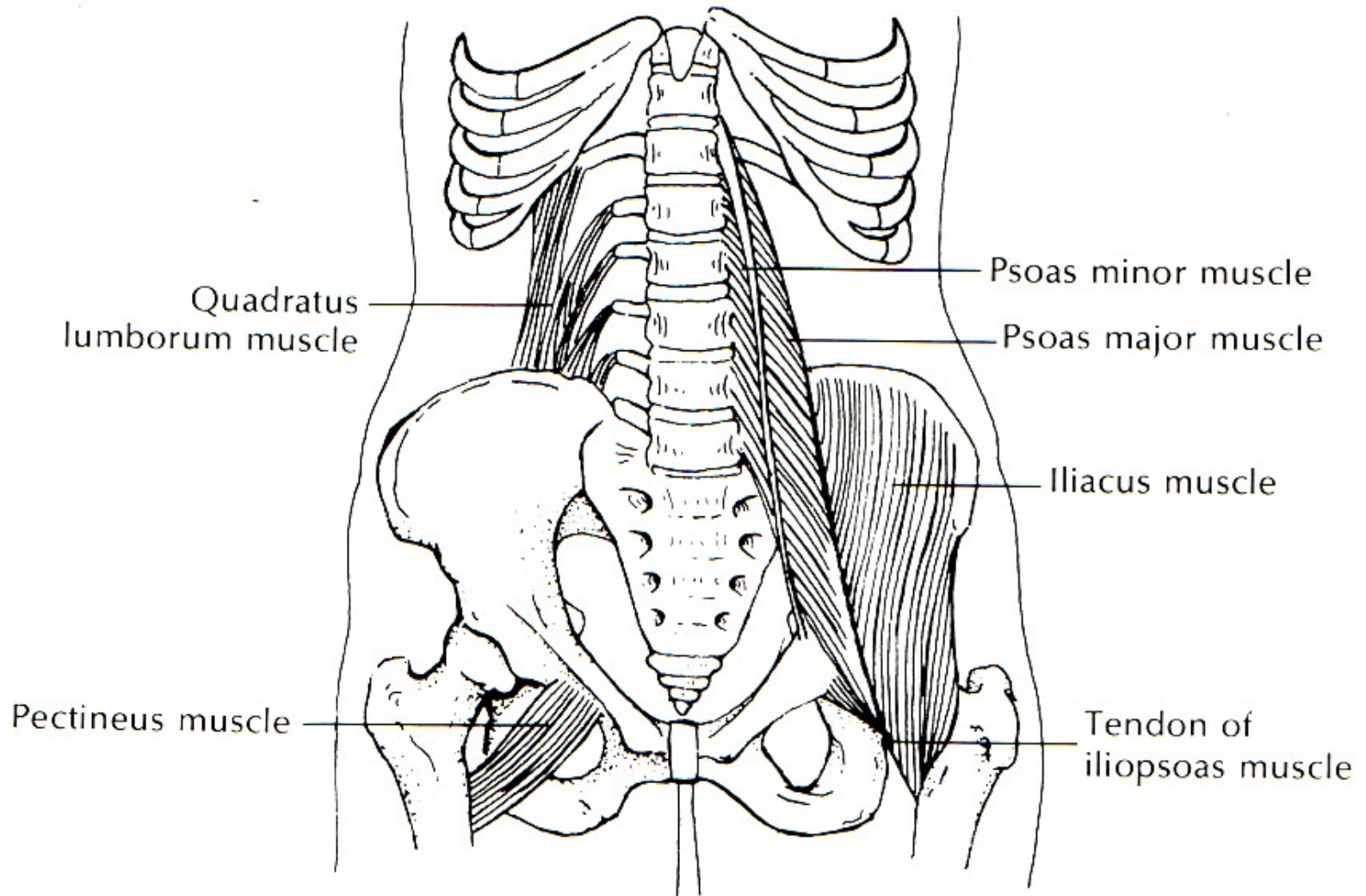
- Gluteal group
- Quadriceps
- Hamstrings
- Adductors

- Lower back

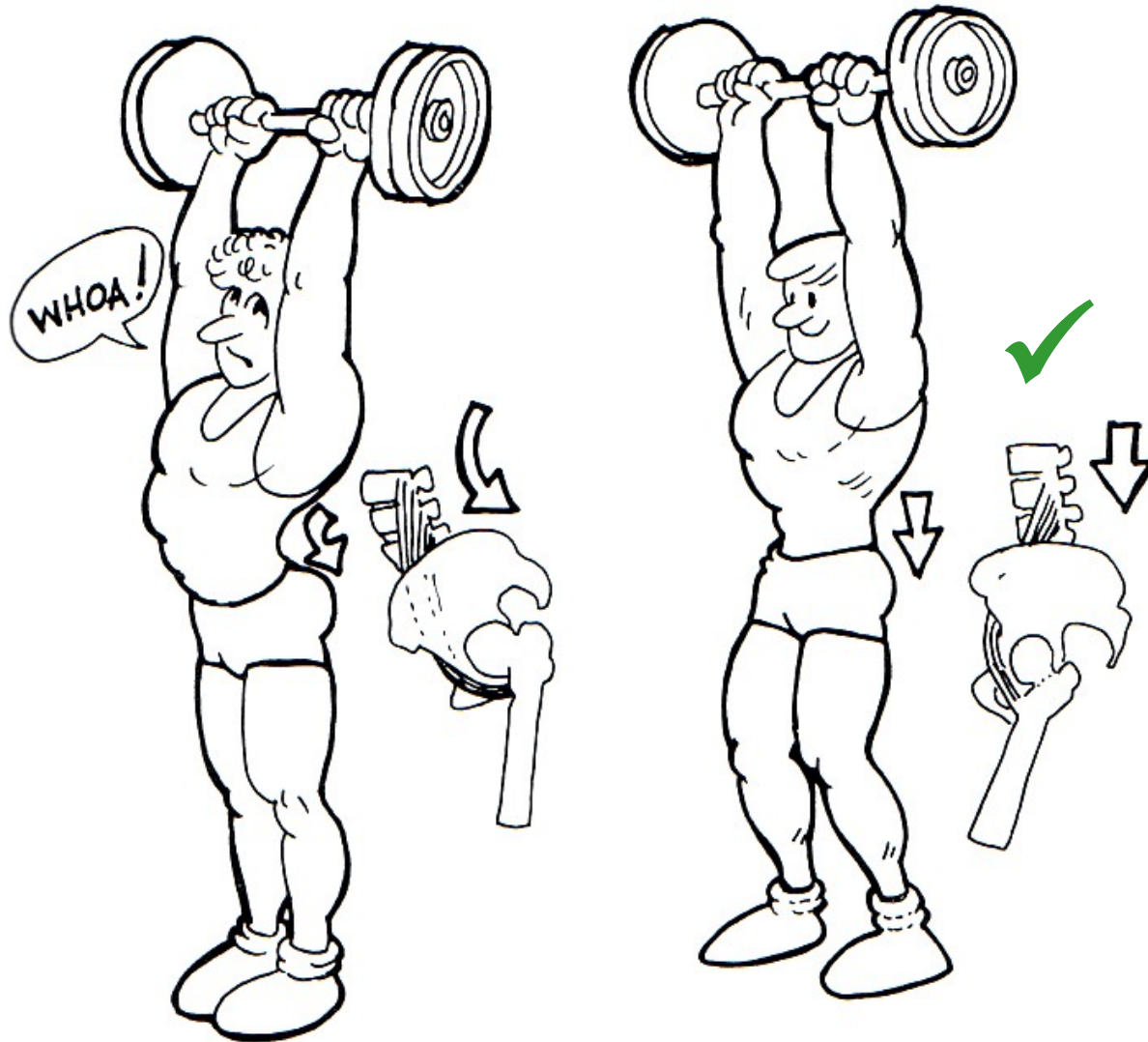
6. Why use *soft knees* or *bend the knees* for all standing exercises?

- a. To decrease tautness of the iliopsoas group.
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- d. To protect the lower back.
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↓ Lower back stress by flexing hips & bending knees

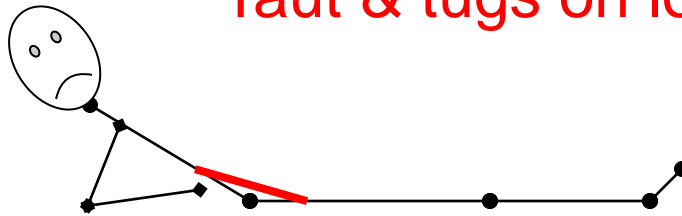


**Contract abdominals, bend knees,
widen stance to reduce back stress!**



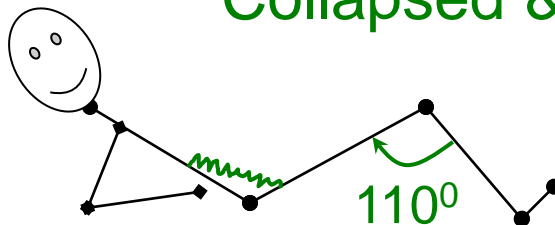
Iliopsoas with *Knees Straight* vs. *Bent*?

Taut & tugs on lower back!



Knees Straight

Collapsed & relieves stress!



Knees Bent

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*?
- a. Lat pull **b. Chest fly** c. Military press d. Bench press

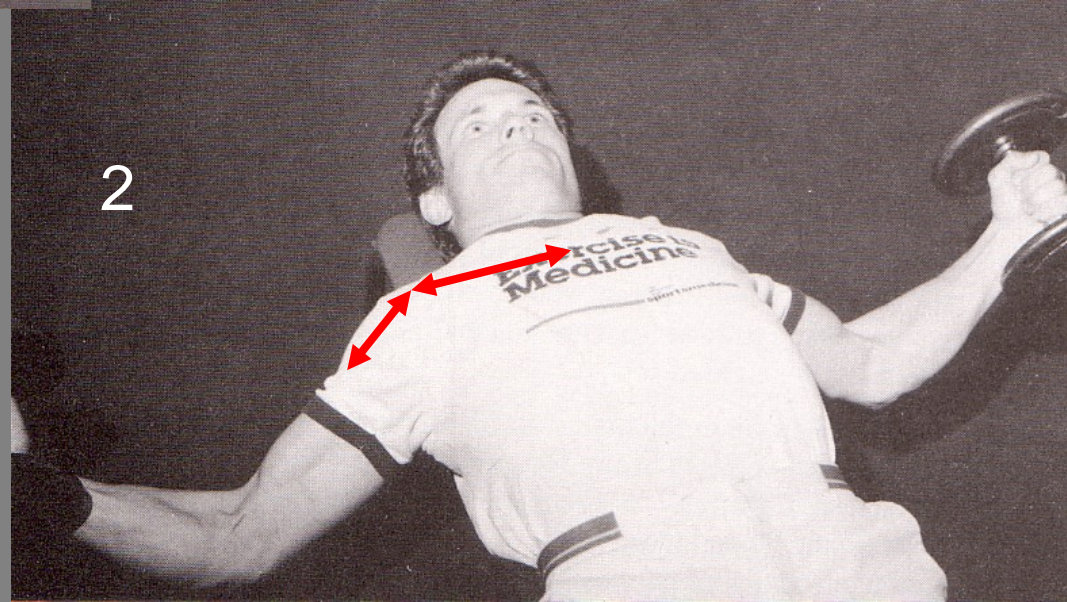
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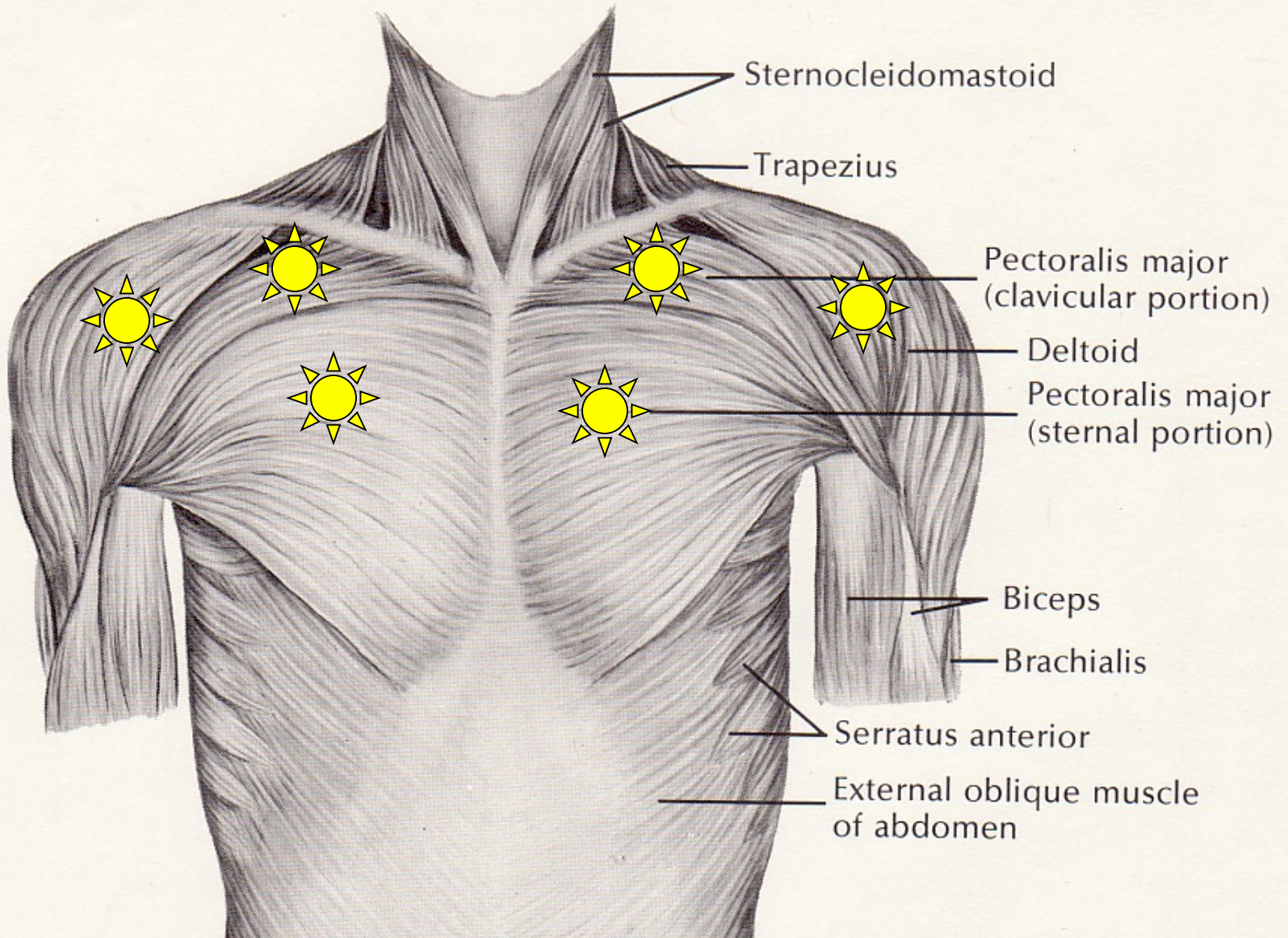


Chest Fly

Pectoral group
Anterior deltoid

2





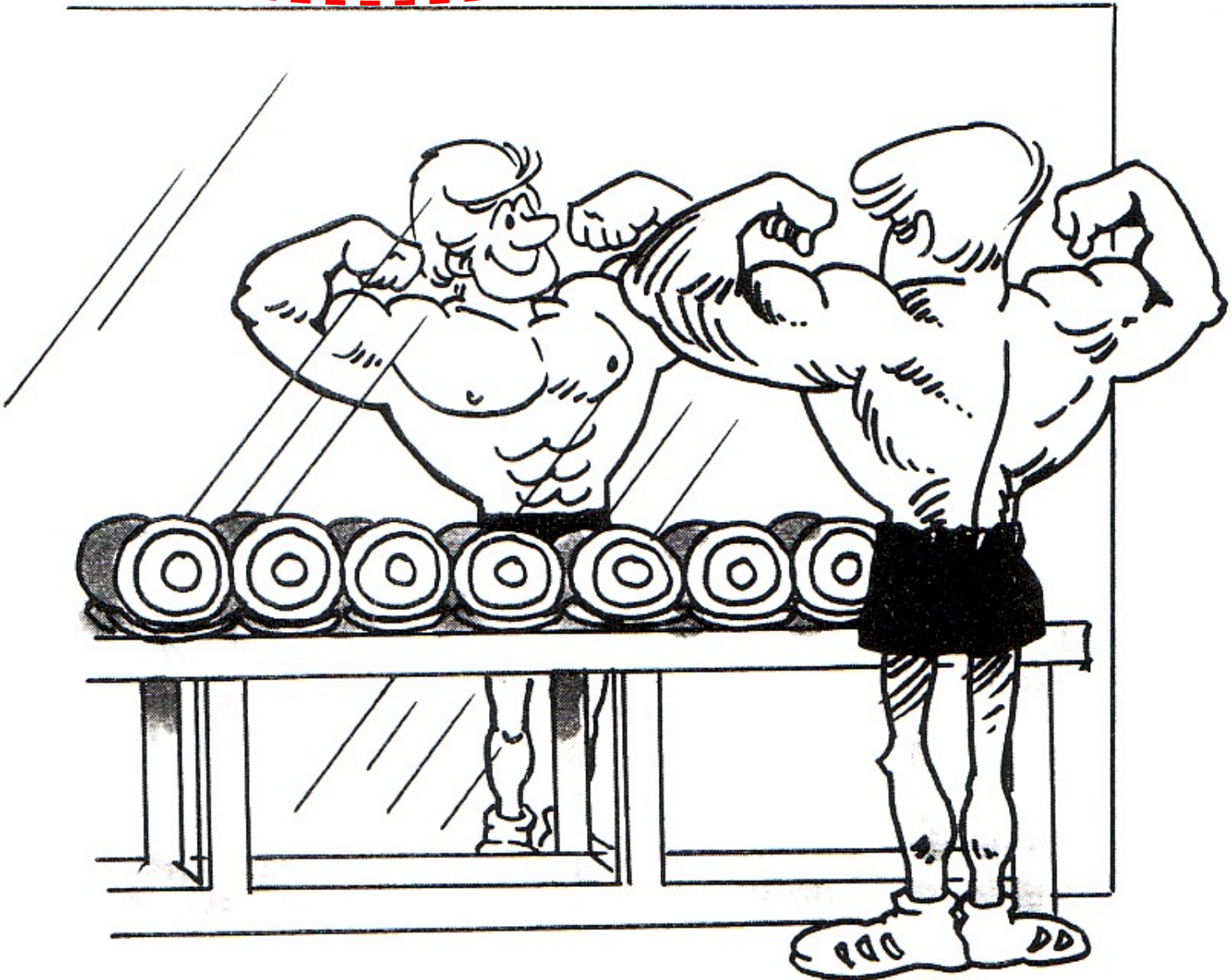
Correct Fly Technique: Hug the Oak Tree!!



Pretty good technique, but keep those wrists straight!

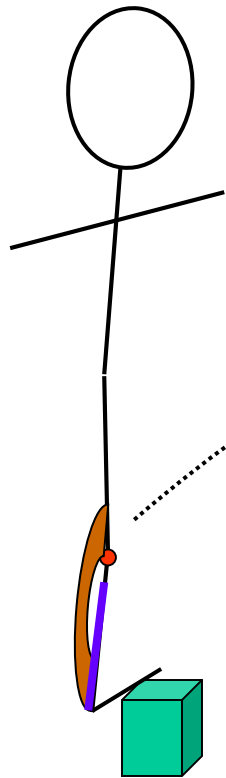
8. The *Bodybuilder's Syndrome* is a disproportionate focus on the development of which muscle regions?

- 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

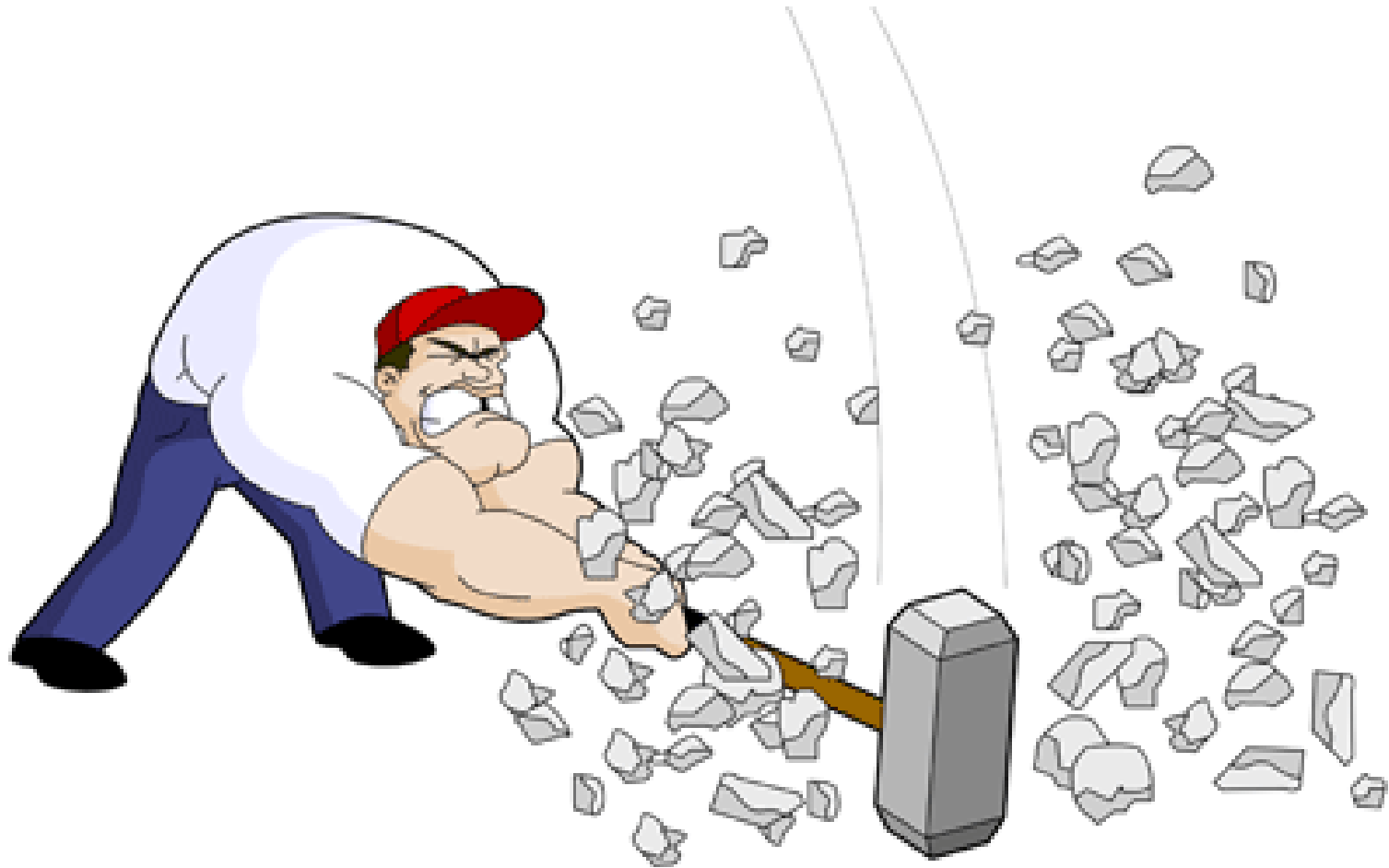


A. Knee straight
Gastrocnemius
stretched &
engaged!

B. Knee bent
Gastrocnemius
slack, **soleus**
engaged

10. Which *grip* is best for isolating the *latissimus dorsi* muscles?

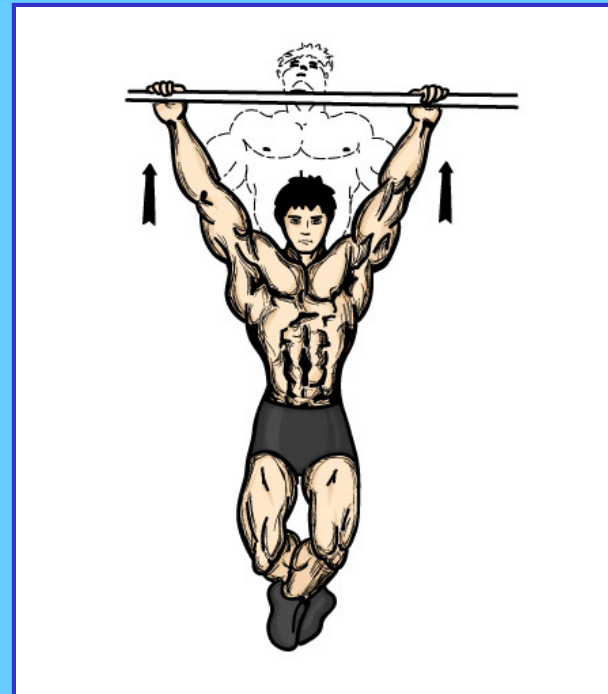
- a. Supinated wide b. Pronated shoulder-width c. Alternate wide d. Pronated wide



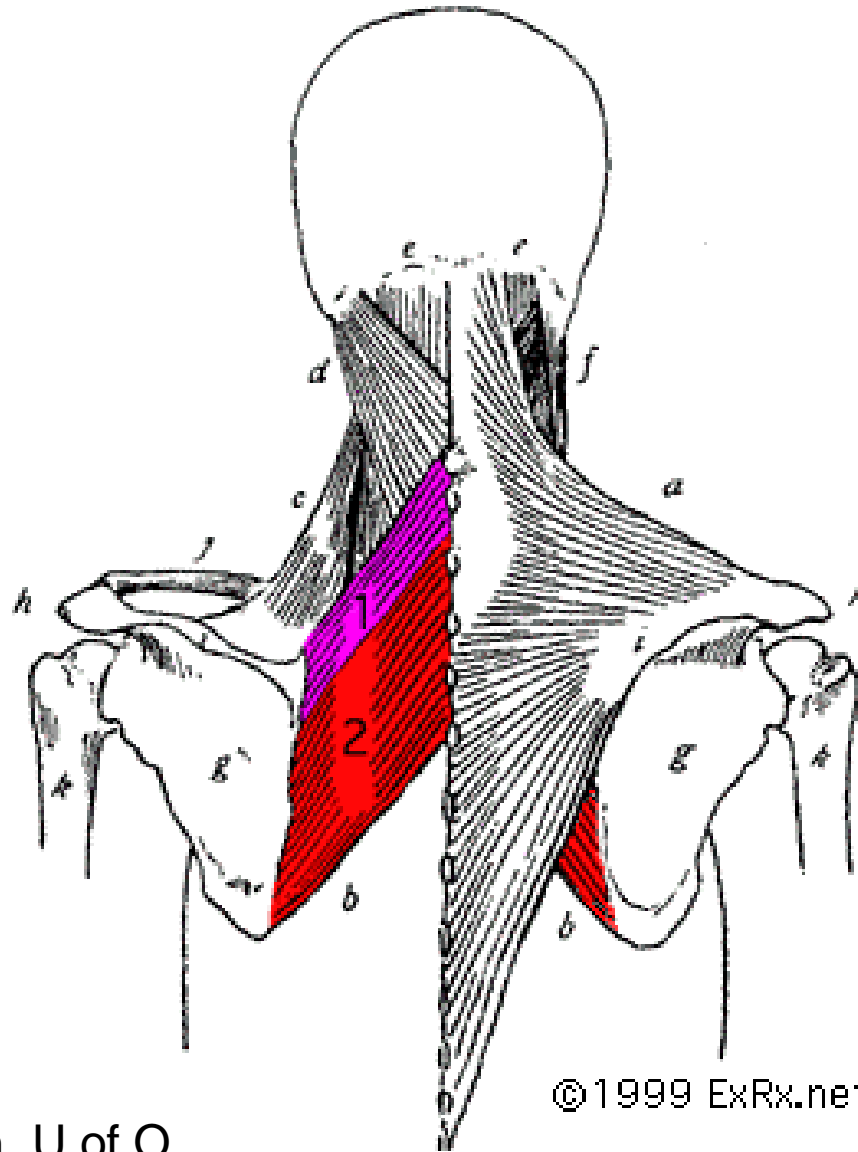
**Shoulder-width grip →
more Latissiumus dorsi**



**Wider grip → more
Rhomboids,
middle Trapezius**



***Rhomboid muscles include
Major & minor***



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