

Lesson Number: 7

Remember to print a copy of this preview and mark your answers before submitting the actual progress evaluation.

30 questions, 1 point each, 30 points total.

Questions 1-29 are multiple-choice. For these questions, choose the one *best* answer.

1.

Muscle spindles provide sensory information about muscle _____.

- A. fatigue
- B. force production
- C. pH levels
- D. length

2.

Fast Twitch fibers are:

- A. highly aerobic.
- B. efficient.
- C. resistant to fatigue.
- D. None of the above

3.

Myosin is known as the:

- A. thin filament.
- B. thick filament.
- C. dead filament.
- D. live filament.

4.

Actin is known as the:

- A. thin filament.

B. thick filament.

C. dead filament.

D. live filament.

5.

The majority of strength gains in the first 6 weeks of training are due mostly to:

A. neural adaptations.

B. fiber type alterations.

C. hyperplasia.

D. hypertrophy.

6.

A bundle of muscle fibers is called:

A. muscle belly.

B. fascicle.

C. sarcomere.

D. sarcolemma.

7.

Muscle fibers are made up of:

A. myofibrils.

B. fascicles.

C. sarcoplasmic reticulums.

D. sarcolemmas.

8.

The repeating contractile unit of muscle is:

A. sarcomere.

B. sarcolemma.

C. sarcoplasm.

D. sarcohelix.

9.

What theory is used to explain how muscles contract?

A. Sliding Filament Theory

B. Sliding Concentric-Eccentric

C. Sliding Contraction Theory

D. Ball's theory of General Relativity and Life

10.

The motor neuron and all of the fibers it innervates is called:

A. motor unit.

B. sarcolemma.
A. Type I fibers.

C. sarcomere.
B. Type 2a fibers.

D. neuromuscular junction.
C. Type 2b fibers.

D. fast-twitch fibers.

12.

Elite sprinters are likely to have a majority of:

A. Type 1 fibers.

B. Type 2a fibers.

C. Type 2b fibers.

D. oxidative fibers.

13.

Slow-twitch fibers are:

11.

Elite endurance runners are likely to have a majority of: