

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 reticulum.
- 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.
- C. sarcomere.
- D. neuromuscular junction.

11. Elite endurance runners are likely to have a majority of:

- A. Type 1 fibers.
- B. Type 2a fibers.
- 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:

- A. highly aerobic.
- B. efficient.
- C. resistant to fatigue.
- D. All of the above

14. Intermediate fibers are also known as:

- A. Type 1.
- B. Type 2b.
- C. oxidative-glycolytic.
- D. glycolytic.

15. Which of the following is TRUE?

- A. Fast-twitch fibers are more suited to strength and speed activities.
- B. People with higher % of fast-twitch fibers will respond quicker and usually increase strength greater than people with a lower % of fast-twitch fibers.
- C. Fiber type distribution (% of fast vs. slow) is mostly genetic.
- D. All of the above