

# Advanced Program Design

## Answer Sheet

Name: \_\_\_\_\_

(please print how you would like your name to appear on your certificate):

Occupation: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Apt./Ste. \_\_\_\_\_

City: \_\_\_\_\_ State/County: \_\_\_\_\_

Zip / Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Multiple Choice Questions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### Short Answer Questions

7. Referring to the client described in question 2, what does this client's background tell you that will influence his new training program?
  
  
  
  
  
  
  
  
  
  
8. In which muscle group do most imbalances begin?

- 9.** What is an exercise that requires righting reflexes?
- 10.** Define and give an example of:
1. an intrinsic load
  2. an extrinsic load
- 11.** What are two results of training with poor posture?
- 1.
  - 2.
- 12.** Give an example of a sport or work specific muscle imbalance that is not listed in the manual.
- 13.** How does an individual with poor posture and one with good posture handle extrinsic loads differently from an intrinsic perspective?
- 14.** Someone with good posture will most likely have a quicker recovery time from an injury than an individual with poor posture.

True/False

Explain:

- 15.** You will encounter many clients who have had poor posture for the majority of their lives. What cueing technique can you use to help your clients improve their posture and break the old poor posture engram?
- 16.** If your client is deficit in several biomotor abilities, which one(s) do you focus on first?
- 17.** How does training to exhaustion, as opposed to stopping just prior to form breakdown, affect motor programming?
- 18.** What primary patterns make up the following movements?
1. throwing a football
  2. lifting a baby off the floor and putting it in a crib
- 19.** How would tight hip flexors affect a pitcher's ability to throw a baseball?

- 20.** Why is it important to always stretch tonic muscles before exercising?
- 21.** What situations might the following individuals encounter in their work/sports environment that require significant core strength? (list at least 3 for each)
1. Fire Fighter
  2. Nurse
  3. Soccer Player
- 22.** What specific type of exercises should be added to an athlete's program in the late competitive phase and why?
- 23.** What is the difference between a motor pattern and a primal movement pattern?

- 24.** Would decreased vision in the work or sports environment increase or decrease core demands? Please explain.
- 25.** List the following exercises in the best order for a beginner or intermediate athlete.
1. Multi-directional lunge @ 50% 1RM
  2. Push press @ 80% 1RM
  3. Gluteus medius isolation exercise
  4. Front squat
  5. Biceps curl standing
  6. Swiss Ball abdominal crunch

Correct Order: \_\_\_\_\_