

PER 566 Spring 2020 final exam/comps study guide

PER 566

Joint movements

Muscle contraction

All or none principle

Creatine

Concentric/eccentric contractions

Overload Principle, Progression Principle, Adaptation Principle, Specificity

Three energy systems

Aerobic and anaerobic activity with training and competition

Adaptations from Training

Muscle Fiber Types

Neural Structure and Function

Fueling Movement

Muscular Adaptations

- Changes in Muscle Size

- Hormonal Adaptations

- Bone/Connective Tissue Adaptations

- Energy-System Adaptations

Shoulder Strength and Stability -Training Techniques

Assessments

Assessing the athlete is important because it provides the coach with objective feedback about what the athlete needs to work on, what the athlete's strengths are, whether the athlete is achieving their goals for training, and it provides feedback about the effectiveness of the strength and conditioning program.

The Following are Qualities that are Typically Assessed:

strength;

power;

speed;

agility;

conditioning.

Strength

Bench press

Back squat

Power clean

Power snatch

Power

Counter-movement jump

Standing long jump

Standing triple jump

Medicine ball, behind

Medicine ball, front

Conditioning

Suicides

300-meter shuttle run