

First name:.....
Family
name.....Group:.....
...

The first exam in English

read the following statements carefully
and put a circle on the right answer.

1. The body's positive response to a training stimulus that leads to performance improvement is called:

- a) Overtraining
- b) **Adaptation**
- c) Recovery
- d) Fatigue

2. Which term describes the process of restoring energy and repairing tissues after training?

- a) **Recovery**
- b) Overload
- c) Intensity
- d) Density

3. A training session that combines physical conditioning with sport-specific skills is an example of:

- a) Technical-Tactical Training
- b) Conditioning Training
- c) **Integrated Training**
- d) Continuous Training

4. What is the systematic planning of training to optimize performance and avoid overtraining called?

- a) Monitoring
- b) **Periodization**
- c) Adaptation
- d) Tapering

5. The point during exercise where lactic acid starts to build up quickly in the blood is called:

- a) The Vo_2 Max
- b) **The Lactate Threshold**
- c) The Heart Rate Max
- d) The Recovery Point

6. The ability to change direction quickly and efficiently while maintaining control is the definition for:

- a) Speed
- b) **Agility**
- c) Acceleration
- d) Reaction Time

7. The combination of strength and speed, allowing for maximal force in minimal time, is called:

- a) Agility
- b) **Explosive Power**
- c) Neuromuscular Coordination
- d) Maximum Velocity

8. What does 1RM stand for?

- a) One Repeated Motion
- b) **One Repetition Maximum**
- c) One Resistance Measure
- d) One Rapid Movement

9. What is the term for an increase in muscle size due to training?

- a) Atrophy
- b) **Hypertrophy**
- c) Power
- d) Endurance

10. What does ROM stand for?

- a) Rate of Motion
- b) **Range of Motion**
- c) Rhythm of Movement
- d) Reach of Muscle

11. The ability of a muscle to return to its original length after being stretched is called:

- a) Plasticity
- b) **Elasticity**
- c) Stiffness
- d) Mobility

12. Performing leg swings before a run is an example of what type of stretching?

- a) **Dynamic Stretching**
- b) Static Stretching
- c) Ballistic Stretching
- d) Passive Stretching

13. The sum of all biochemical reactions in the body is known as:

- a) Hydration
- b) **Metabolism**
- c) Digestion
- d) Absorption

14. The maintenance of adequate body water balance is known as:

- a) **Hydration**
- b) Nutrition
- c) Metabolism
- d) Supplementation

15. Which of the following is considered the most important recovery tool?

- a) Massage
- b) **Sleep**
- c) Stretching
- d) Compression Garments

16. Alternating between cold and hot water immersion to stimulate circulation is known as:

- a) Cryotherapy
- b) Thermotherapy
- c) **Contrast Therapy**
- d) Active Recovery

17. The specific issue or question that a study aims to address is called the:

- a) Hypothesis
- b) Variable
- c) **Research Problem**
- d) Literature Review

18. What is the general term for a systematic investigation to establish facts or develop new knowledge?

- a) Hypothesis
- b) **Research**
- c) Analysis
- d) Sampling

19. A testable statement that predicts a relationship between variables is known as a:

- a) Theory
- b) **Hypothesis**
- c) Conclusion
- d) Fact

20. Feeling the gaps with the appropriate term

Balance- Differentiation-Agility- Reaction- Spatial Orientation- Coupling Ability

Agility: A football player avoiding an opponent.

Reaction: sprinter starting when they hear the gun.

Balance: A gymnast holding a handstand.

Differentiation: A volleyball player spiking the ball hard.