
ASEP Successful Coaching Test Exam with 100% Correct Answers 2024 Update

What is a major source of energy that powers an athlete's muscles? - Correct Answer-carbohydrates

When an athlete first starts to exercise, her initial energy needs are provided primarily by the aerobic energy system. - Correct Answer-false

Which muscle fibers have the greatest capacity to produce energy via the anaerobic energy system? - Correct Answer-fast glycolytic fibers

When an athlete is at rest, her muscles use about 20 percent of the body's energy, and her brain uses about 30 percent of the body's energy. - Correct Answer-false

The frequency of exercise is the most important factor in designing and monitoring an energy training program. - Correct Answer-false

What is muscular endurance? - Correct Answer-e. a muscle's ability to contract repeatedly or sustain a continuous contraction involving less than maximum force

How can an athlete improve her running speed? - Correct Answer-Run at her top speed with added resistance.

Resistance training improves muscular endurance by increasing the ability of muscles to work aerobically. - Correct Answer-false

In resistance training, what is the term for the weight a muscle lifts? - Correct Answer-c. resistance

With training, muscular endurance increases as much as 30 percent per week. - Correct Answer-true

Athletes can build strength simply by eating foods high in protein. - Correct Answer-false

If an athlete eats a large meal before a competition, how many hours before the competition should she finish eating? - Correct Answer-e. 3 hours

Answers To Asep Coaching Test

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