

Successful Coaching ASEP Exam Test With 100% Correct And Verified Answers

**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**

Asep Coaching Certification Test Answers Wrestling

**Canadian Amateur Wrestling
Association, National Coaching
Certification Program (Canada)**

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