

# PRE TEST STUDY GUIDE

Bigger Faster Stronger

# WRSC



# ANSWER SHEET

BIGGER FASTER STRONGER

# BFS

1. Define the concept of unification as it relates to athletic programs.

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2. Name several components of a total conditioning program for athletes.

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3. How does a unification program prevent territorial struggles between coaches and athletes?

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4. What school athletic programs can use a unified program? Select one:

- A) College                      B) High School  
C) Junior High School        D) All the above

5. Name five benefits Coach Bob Gieseey gave for encouraging elementary-school-age athletes to get involved in a weight training program such as BFS:

1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_ 3) \_\_\_\_\_

5) \_\_\_\_\_

6. Name one reason a college might find a unification program of value.

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7. When training beginning and/or female athletes, what type of equipment is of particular value in teaching Olympic lifts?

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8. List two advantages that a computerized workout program has over a training logbook.

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9. Many workout programs fail because their exercise prescriptions are so monotonous that the body adapts to them: True or False?

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10. Which of the following phases are not included in Hans Selye's Stress Syndrome: Shock, Countershock, Stage of Resistance, Progression, Stage of Exhaustion?

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11. Using charts for motivation is one way to prolong the stage of resistance. Name two more ways.

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12. List two reasons that a periodization program may be impractical for most high school athletic programs.

1) \_\_\_\_\_

2) \_\_\_\_\_

13. What two core lifts in the BFS Program should not be performed for more than 5 reps?

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14. According to a research study published in Medicine and Science in Sports, how long could a subject retain strength if they reduced volume by two-thirds but kept intensity high? Select one:

- 3 weeks,  
5 weeks,  
15 weeks.

15. During in-season training, should an athlete train two times a week or just once per week?

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16. During the season, is it better to lift in the morning or after practice?

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17. Should auxiliary exercises be performed during the season?

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18. In football, should an athlete lift during two-a-day practices?

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19. What is the grade level at which students in physical education classes most commonly begin the BFS readiness program? Select one:  
6th grade, 7th grade, 8th grade.

20. Is premature closing of the epiphysial (growth) plates related primarily to injuries or to hormonal influences?

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21. According to sport scientist Mel Siff, Ph.D., can running, jumping, striking or catching impose greater forces on the musculoskeletal system than heavy weight training?

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22. Youngsters who compete in Olympic-style weightlifting competitions have higher bone densities than children who do not lift weights: **True or False?**

23. According to research published in the November/December 2001 issue of the Journal of American Academy of Orthopaedic Surgeons, injuries from bicycling were greater than the number of injuries from weightlifting by what percentage? Select one:  
50 percent, 100 percent, 400 percent.

24. If a high school male athlete cannot squat 145 pounds to parallel, what program should he begin with? Select one:  
The BFS Readiness Program,  
The BFS Total Program.

25. How long should a basic plyometric program last in the BFS readiness program? Select one:

- 10 minutes, twice a week;
- 15 minutes, three times a week
- 20 minutes, twice a week

26. What two things must happen before progressing to heavier weights in the BFS readiness program?

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27. What aesthetic benefits can be derived from applying the concept of “being tall”?

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28. “Spreading the chest” and what other concept go hand in hand? Select one:

- Assume a neutral spine position,
- Lock in the lower back,
- Stabilize the trunk.

29. In the BFS hip-flexor stretch, what does “toes aligned” mean? Select one:

- The toes should point straight ahead,
- The toes should point slightly out.

30. The eyes always be slightly above horizontal in weight training exercises such as the squat and the power clean weights: **True or False?**

31. The parallel squat builds the foundation for great speed, regardless of the size of the athlete:  
**True or False?**

32. Achieving at least a parallel depth in the squat makes the lower-body muscles stronger and bigger, especially the quadriceps and hamstrings. Name three other benefits to going parallel.

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33. Not having the knees aligned in the squat often places harmful stress on which ligament of the knee?

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34. What is one advantage during the squat in holding the barbell with the thumbs around the bar?

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35. In addition to helping the athlete when they cannot complete a lift, what is another function of spotters?

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36. Athletes should limit the amount of weight they box squat to no more than 200 pounds above their best parallel squat:

**True or False?**

37. What lower-body muscle does the front squat place extra emphasis on?

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38. When using lifting chains, generally you should add about 25 percent at the finish position of the lift:

**True or False?**

39. What is the most popular quick lift?

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40. The rotary hip movement simulates what action in athletics?

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41. When does the prestretch occur during a power clean or power snatch?

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42. What foot stance is used when pulling the barbell off the floor in the power clean?

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43. What foot stance is used when racking the barbell in the power clean?

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44. What is meant by the “hang” position when referring to the power clean or power snatch?

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45. What is a power line in regard to deadlift performance?

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46. What muscles does a deadlift strengthen?

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47. What are the advantages of a Hex bar deadlift over a straight-bar deadlift?

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48. What is the advantage of performing a straight-leg deadlift on a platform?

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49. Generally, how much weight should a junior high school boy or girl use in a straight-leg deadlift? Select one:  
45 pounds,  
85 pounds,  
at least 100 pounds.

50. What is the hand position of the spotter on a spotted deadlift?

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51. What are three of the major muscle groups that a bench press works?

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52. Why is the bench press especially important for female athletes?

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53. What are the BFS standards for women? Select one series:

- 100, 200 and 300;
- 100, 120 and 140;
- 100, 150, 200 and 250 pounds.

54. How can the position of the eyes help you determine if the body is properly positioned on a bench press?

\_\_\_\_\_

55. Should there be an arch in the lower back when performing the bench press?

\_\_\_\_\_

56. What muscles does a close grip emphasize in a bench press?

\_\_\_\_\_

57. What bench angle is generally used to perform an incline bench press?

\_\_\_\_\_

58. The bench press with chains be used as a substitute for the towel bench press: **True or False?**

59. How many sets are usually performed for auxiliary exercises? Select one:

**2 sets, 3 sets, 4 or more sets.**

60. How many auxiliary lifts should usually be performed each week? Select one: five or fewer exercises, seven exercises, eight exercises.

\_\_\_\_\_

61. What are the negative effects of placing too much emphasis on auxiliary exercises?

\_\_\_\_\_

62. Selection of auxiliary lifts depends on choosing those that will help you win or prevent specific injuries: **True or False?**

63. What are two sports that would benefit most from the athlete performing a neck exercise as an auxiliary lift?

\_\_\_\_\_

64. Why should an athlete warm up?

\_\_\_\_\_

65. What is the advantage of performing a Dot Drill warm-up versus a simple aerobic exercise such as jogging?

\_\_\_\_\_

66. What is the proper sequence of a Dot Drill workout?

\_\_\_\_\_

67. The first goal in Dot Drill training is to commit to performing the drills six times a week. What is the second goal?

\_\_\_\_\_

68. Best results in increasing vertical jump performance come from combining squatting and plyometrics, rather than performing each type of training by itself: **True or False?**

69. What is the major drawback to performing box jumps on an open plyometric box versus on a solid box?

\_\_\_\_\_

70. In a box jumping workout using five boxes, which box should be the highest? Select one:  
1st box, 2nd box, 5th box.

71. Name two types of plyometric bounding drills.

1) \_\_\_\_\_

2) \_\_\_\_\_

72. During the off-season, generally the best days to perform sprint training are Tuesday and Thursday: **True or False?**

73. When athletes are tested on either a 40-yard or 20-yard sprint, how many timed sprints should they perform? Select one:  
one timed sprint,  
two timed sprints,  
three timed sprints.

74. What is the value of video analysis in sprint training?

75. BFS offers 10 ways to improve speed; one way is to perform plyometrics twice per week. Name three more ways.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

76. Where should your feet be in the modified BFS track stance?

\_\_\_\_\_

77. In the eight-point BFS sprint technique system, one technique that enables you to run faster is to point your toes straight ahead. Name three more techniques

\_\_\_\_\_

\_\_\_\_\_

78. How is the BFS approach to stretching different from most other stretching programs in regard to its focus?

\_\_\_\_\_

79. Stretching should be a part of a warm-up program for sport activities: **True or False?**

80. What is meant by the term "balance" in the BFS 1-2-3-4 Flexibility Program?

81. What kind of mat is ideal for stretching?

82. How should an athlete breathe while stretching?

83. The BFS stretching program is divided into four groups of stretches, the first group consisting of one stretch performed on a bench. What are the other three groups?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

84. What is a simple way to measure progress in a stretching program?

85. BFS believes you should build your program around six core exercises. Name five of these exercises.

86. What is one advantage of a do-it-all workout station?

87. If there is not enough time for an athlete to perform all aspects of a conditioning program during physical education class, athletes can perform some of these outside of class. Name one such activity.

88. If there is not enough time to perform the 5-4-3-2-1 set-rep sequence, what would be an appropriate alternative? Select one:

5-4-3

5-3-1

3-2-1

89. What is the typical thickness of a training belt?

90. Name two BFS core exercises that athletes often use wrist straps for.

1) \_\_\_\_\_

2) \_\_\_\_\_

91. What is one practical way to warn athletes about the potential dangers of lifting weights and help reduce the chance of injury?

92. Name the Five Lethal Foods.

93. Which organization recommends adding a multivitamin to your diet.

94. Does one diet plan work for all students and athletes or can diet plans be customized based on calories:

95. What percentage of Americans eat fruit at least twice a day?

96. Is obesity among young people a growing concern?

97. True or False: Athletes should decide on a supplement program before choosing a diet plan.

98. What is a simple method to increase diet accountability?

99. What type of goals does the Be An Eleven! program focus on? Select one: worthy goals, practical goals, simple goals

100. The Be An Eleven program comes from the fact that during a football game there are no more than 11 players from a single football team allowed on the field: **True or False?**

**101.** The people you associate with and the places you go can either help you or hinder you in accomplishing your dreams. In the Be An Eleven program, what is one more category that can be added to this list? Select one:

- The products you buy,
- The foods you eat,
- The things you do.

**102.** What is one possible long-term risk associated with steroid use?

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