

COACHING RELICENSE QUESTIONS

July 2009

Please refer to the following site to answer questions 1 - 3:

<http://www.brianmac.demon.co.uk/drinks.htm>

1. What % of body weight would need to be lost to cause heat exhaustion?
2. Recovery of the muscle and liver glycogen stores after exercise will normally require how many hours for complete recovery.
3. Add the amount of fluid taken during a session to the amount of weight loss – 1kg is roughly equal to how much fluid (in litres)?

Please refer to the following site to answer questions 4 and 5.

<http://www.pponline.co.uk/encyc/0816.htm>

4. The author suggests that stretching immediately before exercise does prevent overuse or acute injuries. True or False. (T or F)
5. If stretches are sport specific can they improve performance? Yes or No. (Y or N)

Please refer to the following site to answer questions 6 – 8

<http://www.wellness.ma/youth-fitness/strength-training-youth-fitness.htm>

6. According to the authors, how many minutes should a child's well-designed and carefully supervised strength training session run for?
7. Once 15 repetitions can be completed successfully, what maximum percentage do the authors suggest resistance should be increased?
8. How many seconds each should the lifting and lowering phases of an exercise take?

Please refer to the following site to answer questions 9 and 10.

http://www.psychology.org.au/publications/tip_sheets/eating/

9. A person who has a very low weight but also binge eats and purges is described as having (A or B)

- A. Anorexia nervosa
- B. Bulimia nervosa

10. What fraction of individuals with an eating disorder are males?

Please refer to the following site to answer questions 11 and 12

http://www.coachesinfo.com/index.php?option=com_content&view=article&id=138:swimming-heart-rate&catid=49:swimming-coaching&Itemid=86

11. How many usable training zones does the author identify?

12. What intensity level of training equates to race pace?

Please refer to the following site to answer questions 13 – 14.

www.gssiweb.com/article_detail.aspx?articleid=701&level=2&topic=5

13. An exercising athlete will receive clear physiological signals that indicate dehydration is occurring. True or False (T or F)

14. Water is a good re-hydrator. True or False (T or F)

Please refer to the following site to answer question 15.

<http://physiotherapy.curtin.edu.au/resources/educational-resources/exphys/00/overtraining.cfm>

15. What % of athletes experienced sleep disturbances while suffering from "over training"?