

NYS Coaches Test

1. What is the name of the longest bone in lower body_____.
2. Why is it dangerous to break this bone(think immunology)_____

_____.
3. Name the two bone of the lower are_____and_____.
4. Name the two bones of the Lower Leg_____and_____.
5. What two bones make up the acromio-clavicular joint_____and_____. Break the AC Kigament which binds the two bones and you have a separated shoulder.
6. What is it called when the head of the humerous pops out of the glenoid (hint: not separation)_____.
7. Name which system has a, "pump," _____.
8. Which is the system that removes waste products like lactic acid_____.
9. Explain the difference between the CNS and PNF of the Neurological System_____

_____.
10. Why is the Endocrine System so important in youth_____

_____.
11. Resting Breathing is typically between 12-17 True/False.
12. Resting HR is lower for a well-trained athlete true/false.

13. Why _____

_____.

14. Name your sport and some of the Demands of your Sport: _____

_____.

15. Exercise prescription involves (circle all that apply)

- a. Mode
- b. Frequency
- c. Duration
- d. Intensity
- e. Commitment
- f. Dedication

16. The ATP-PC energy source would be best for what sports _____.

17. Two forms of fitness needed in sport: _____ and _____.

18. Cardiac Output = _____ x _____.

19. List 8 things the war-ups can do for athletes: _____

_____.

20. The Epiphyseal Plate is also called _____.

21. Youth and growth plates are of particular concern in training/sport true/false.

22. Name four different types of stretching: _____

_____.

23. Speed x Strength = _____.

24. List some reasons why children quite sports _____

_____.

25. What is the acronym

SMART _____
_____.

26. What are the five stages of

grief: _____

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