* What test is the most affordable way to test upper body muscular endurance? (we performed this test during one of our labs).
* What are ACSM guidelines for testing individuals for muscular strength and endurance?
* Get familiar with 1RM prediction equations. You will be given prediction equations and all the information, you will just need to be able to calculate 1RM.
* Know two-component body composition methods (BIA, skin folds, etc)
* Know what air displacement plethysmography is and how the actual device looks like
* Know BMI formula (kg/m2) and BMI classifications
* Be familiar with body fat %/composition for adults and classifications
* Be able to define 1-Repetition Maximum (1RM)
* Be familiar with health benefits of musculoskeletal fitness
* What 3 layers of connective tissue exist
* Define “fascicles”
* Know Type I and Type II muscle fibers and what athletes predominantly have them (i.e., endurance athletes predominantly have Type I muscle fibers)
* Know what isometric strength tests are