Exam 3 Study Guide

1. Musculoskeletal Assessments
   1. Terminology/Definitions
   2. Muscular strength
   3. Muscular Endurance
   4. Muscular Fitness
   5. Basic muscle anatomy
      1. Types
      2. Muscle components
         1. Diagram from slides
   6. Muscle fiber types
      1. Properties of each
   7. ACSM Guidelines for testing
   8. Prediction equations
      1. Understand how they work
      2. Know how to use them (table 12.6)
   9. 1RM estimation table use
      1. Know how to use and calculate warm-up values
   10. Classification of strength/Normative tables
2. Body Composition
   1. Know methods described in class and the associated compartment models
      1. Table from slides
   2. BMI classifications
      1. Conversions for inches and pounds to meters and kilograms
   3. Percent body fat standards for adults (Table 15.3)
   4. Skinfold procedures
   5. Appropriate populations for skinfolds
   6. Body density formulas and Body fat % formulas
      1. Know how to use them
      2. What sites are needed for each formula?