

# HIIT Study Guide



# Chapter 1

1. What is HIIT
2. The real Key to HIIT is?
3. Who can perform HIIT?
4. List the Benefits of HIIT.
5. How does HIIT compare to other programs?
  - a. FARTLEK
  - b. Tabata
  - c. Crossfit
  - d. Gibala Regimen
  - e. 1-20-30 Program
  - f. Turbo Fire
  - g. Zumba
6. What are the concerns of HIIT?
7. The Basic features setting HIIT apart from other workout routines include.

# Chapter 2

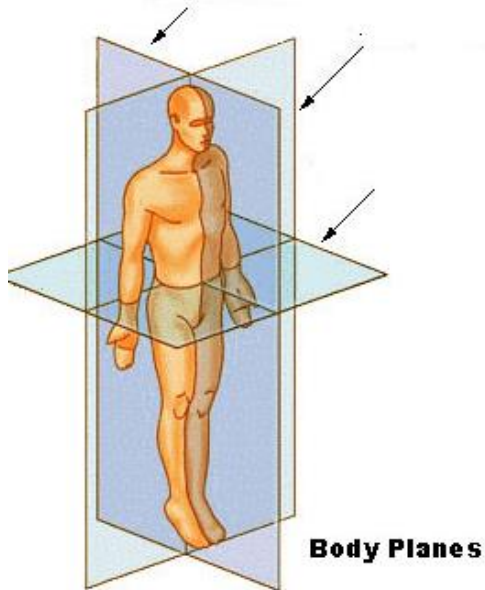
1. Energy and the Body's Use of Oxygen
2. Define ATP
3. Define Catabolism:
4. Define anabolism?
5. What is the Mitochondria?
6. How does HIIT affect your sleep?
7. What are the Aerobic Aspects of HIIT?
8. What are the Anaerobic Aspects of HIIT?
9. What is Overtraining Syndrome?
10. Signals that point to overtraining?

# Chapter 3

1. What does it mean when we say “it is all about carbohydrates”?
2. What does it mean when we say “but not just carbohydrates?”
3. What are some additional dietary suggestions:
4. What is meant by don't neglect hydration?
5. Why is water important?
6. The body detoxifies itself in several ways, what are they?

# Chapter 4

1. Definition for anatomy?
2. Definition for physiology?
3. Definition for kinesiology?
4. There are 3 planes of motion, identify them.



5. Anterior-\_\_\_\_\_
6. Posterior-\_\_\_\_\_
7. Superior-\_\_\_\_\_
8. Inferior-\_\_\_\_\_
9. Proximal-\_\_\_\_\_
10. Distal-\_\_\_\_\_
11. Medial-\_\_\_\_\_

12. **Lateral-** \_\_\_\_\_

13. **Abduction** \_\_\_\_\_

14. **Adduction** \_\_\_\_\_

15. **Flexion** \_\_\_\_\_

16. **Extension** \_\_\_\_\_

17. **Hyperextension** \_\_\_\_\_

18. **Rotation** \_\_\_\_\_

19. **Circumduction** \_\_\_\_\_

20. **Pronation** \_\_\_\_\_

21. **Supination** \_\_\_\_\_

22. **Elevation** \_\_\_\_\_

23. **Dorsi Flexion** \_\_\_\_\_

24. **Plantar Flexion** \_\_\_\_\_

25. There are \_\_\_\_\_ unique properties of muscle tissue.

26. The All or None Law is defined as \_\_\_\_\_

27. Isometric \_\_\_\_\_

28. Isotonic \_\_\_\_\_

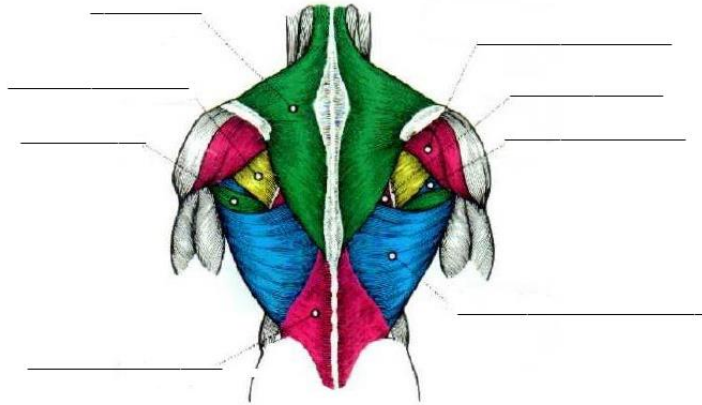
29. Agonists \_\_\_\_\_

30. Antagonist \_\_\_\_\_

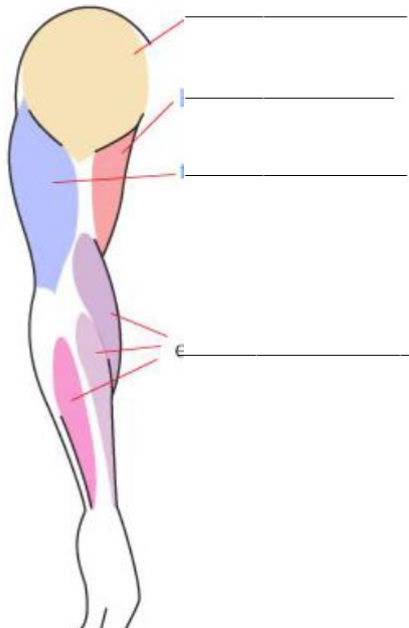
31. Stabilizer \_\_\_\_\_

32. Neutralizers \_\_\_\_\_

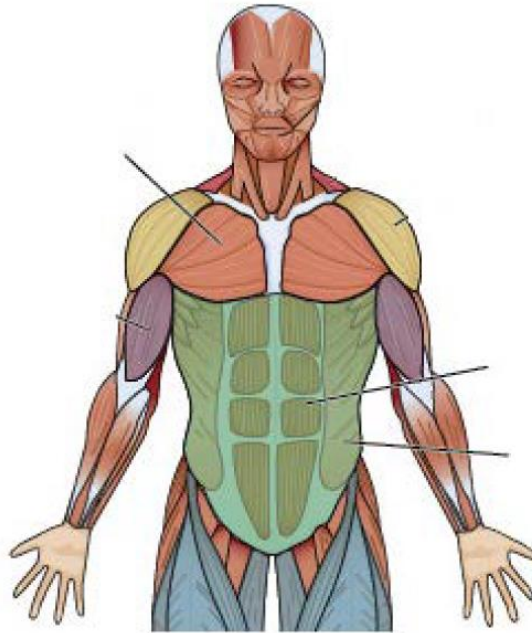
33. Identify the muscles of the back:



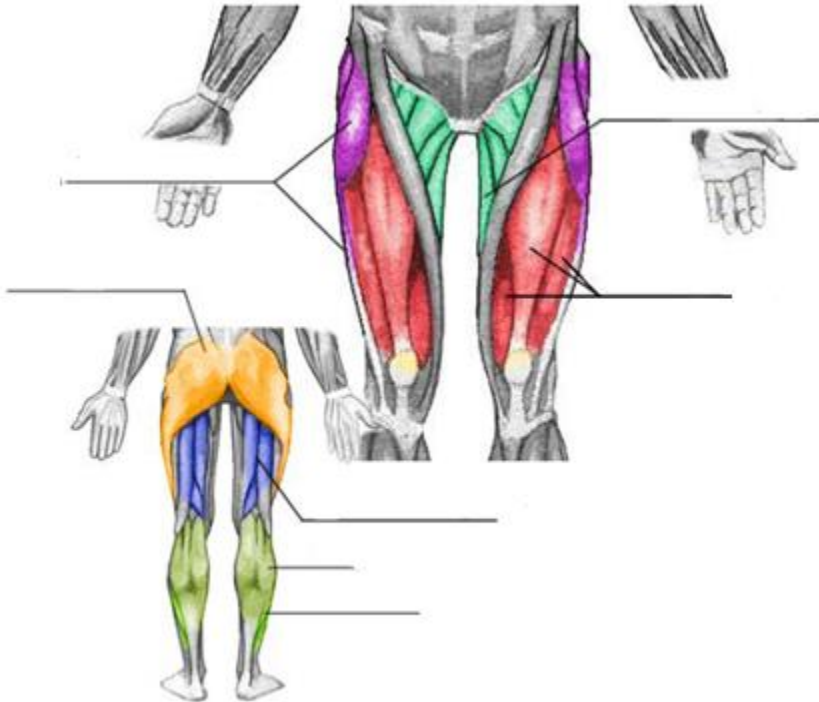
34. Identify the muscles of the arm:



35. Identify the muscles of the chest and core areas:



36. Identify the muscles of the leg:





37. The body reaches a number of critical thresholds that stimulate defensive reactions and the include:

38. What are the benefits in weight loss:

39. To burn 300 calories you need to:

40. To burn 400 calories you need to:

41. To burn 500 calories you need to:

# Chapter 5

1. What is HIIT Cardio?
2. The warm up for HIIT is a simple\_\_\_\_\_minutes

# Chapter 6

1. Variations in heart rates should be \_\_\_\_\_ during the work phase and \_\_\_\_\_ recovery phase
2. The Borg Scale is:
3. What would be the points on the BORG Scale for work and recovery?

# Chapter 7

1. What is Endurance
2. Long term endurance
3. Short Term Endurance
4. Progressive Endurance Training
5. What is VO<sub>2</sub> Max
6. What is EPOC
7. For a Power Athlete
8. For an Endurance Athlete

# Chapter 8-10

1. What are the benefits from interval training and weight training?
2. What are the 3 distinct elements
3. What is the Warm Up Phase
4. What is the Performance Training Phase
5. What is the Recovery Phase
6. What is Afterburn
7. What is lactate Threshold
8. What is the best source of protein and fitness?
9. Is there such a thing as too much protein?
10. What are good and bad carbohydrates?
11. How do you know if you are drinking enough water?