

Review questions: Module 8

1. What load, number of reps, number of sets, and frequency would you prescribe for a client aiming to increase muscle mass, if the client is:

A) beginner

B) advanced (+ 2 years)

2. What is meant by there being a dose-response relationship of training volume?

3. What are the benefits of an increased training frequency for a specific muscle group?

4. When is it positive and when is it negative to train to "failure"?

5. How many repetitions are recommended for developing max. strength, muscle growth, muscular endurance?

6. A) Name two models for periodization of training

B) How are training variables changed over time in each of these periodization models?

7. How should women (of fertile age) periodize training to achieve maximum increases in strength and muscle mass?

8. A) What is the interference effect of "concurrent training"?

B) What can be done to reduce interference?

9. A) Name the mechanisms that have been suggested to be responsible for muscle hypertrophy (3 pcs).