Orientation Quiz

Name:          Date:  

Complete this short quiz with a score of at least 70% and earn 5 points. 
Circle the correct answer.

1. What are the hours of operation for the Cañada College Fitness Center?
   
   A) Monday through Friday 9:00 AM – 5:00 AM.  
   B) The Fitness Center is always open.  
   C) Monday through Saturday 7:00 AM – 1:00 PM and Monday through Thursday evenings 5:30 PM – 8:30 PM.  
   D) Monday through Saturday 7:00 AM – 1:00 PM and Monday through Thursday evenings 5:30 PM – 8:30 PM, including school Holidays.  

2. Which of the following is not a requirement before students may workout in the Fitness Center?
   
   A) Enrollment in FITN 112, FITN 117, FITN 118 or FITN 119.  
   B) A completed Health Questionnaire on file at the Fitness Center.  
   C) Experience in a fitness environment.  
   D) A Cañada College I.D. card.  
   E) Complete Fitness Center orientation.  

3. Students are required to bring A FULL-SIZED TOWEL to spread-out over the upholstery of equipment while in the Fitness Center.
   
   A) True  
   B) False  

4. Attendance and participation account for 65% of the grade for all classes in the Fitness Center.
   
   A) True  
   B) False  

5. Which of the following is a benefit of regular exercise:
   
   A) Reduces the risk of heart disease. Lessens the risk of diabetes.  
   B) Increases the metabolic rate and protects lean body mass.  
   C) Decreases the adverse effects of everyday stress on the body.  
   D) Helps relaxation and improves sleep. Promotes higher self-esteem.  
   E) Maintains our physical working capacity and quality of life as we age.  
   F) All of the above.
6. Students new to exercise, or those currently at a below average fitness level should:

   A) Use the first 6 weeks to adapt to physical activity. Begin with exercise bouts of 10-15 minutes, at 60-70% of maximum heart rate, 3 days a week.
   
   B) Find someone in the class who looks like he/she is in shape and do their workout.
   
   C) Workout as hard as possible the first week.
   
   D) All of the above.

7. Which of the following is **not** safe when performing resistance exercises?

   A) Warm-up properly before doing any resistance training. Maintain good posture.
   
   B) Hold your breath when making a heavy lift.
   
   C) When using a barbell lock the weight plate in place with a collar. Lift in a smooth and controlled manner.
   
   D) Use common sense.

8. When operating either weight or cardio machines one should:

   A) Read available instructional placards.
   
   B) Before using a piece of equipment, be sure that it is in proper working order.
   
   C) If you do not know how to use a piece of equipment ask for help an instructor.
   
   D) Allow others to work-in between sets.
   
   E) All of the above.

9. **DOMS** is an acronym for which of the following?

   A) Details of Muscular Systems
   
   B) Delayed onset muscle soreness
   
   C) Description of opposing muscular science
   
   D) Degrees of muscular separation
   
   E) None of the above

10. Which of the following are strategies that support an individual’s effort to incorporate physical activity/fitness into their lifestyle?

    A) Workout with a friend. Keep a journal of your workouts.
    
    B) Set positive, process driven goals. Be realistic. Set goals that take into consideration body type, genetics, and time commitments.
    
    C) Only workout when you are in the mood.
    
    D) Add a workout to your daily schedule.
    
    E) All of the above except C.

**Turn-in completed quiz to Fitness Center staff.**