

# Orientation Quiz

Name:

Date:

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**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.**