

**Question 9**

The speed of muscle contraction, the length of muscle fibres, the cross-sectional area and the joint angle around the muscle are all factors which affect

- A. muscular power.
- B. muscular endurance.
- C. muscular strength.
- D. speed.

**Question 10**

Milly is an 18-year-old VCE Physical Education student who is about to commence a weight-training program. Previously Milly has worked on her muscular endurance, however, her aim is now to improve her muscular strength. She has been given four programs listed in the table below.

Which program best suits her needs?

		Repetition maximum	Number of repetitions	Sets	Speed	Rest
A.	<b>Program 1</b>	100%	2–4	1–3	slow/moderate	3–10 mins
B.	<b>Program 2</b>	60–70%	8–12	1–3	slow/moderate	1–2 mins
C.	<b>Program 3</b>	70–85%	8–12	1–4	slow	1–2 mins
D.	<b>Program 4</b>	40–60%	15–25	1–3	slow/moderate	1 min

**Question 11**

Nikolas has just completed a five-set tennis match at the US open. The game lasted a total of 4 hours and 23 minutes.

Which of the following would be best to consume within 30 minutes post game?

- A. orange, pear and water
- B. apple juice, pear and protein bar
- C. watermelon, jelly beans and sports drink
- D. pasta, wholemeal bread and protein bar

**Question 12**

Earlier this year Rocco, a midfielder for the Melbourne Victory's youth team, completed the 20 m shuttle run immediately following a 30-minute Pilates session. The test took place on an indoor basketball court in the morning. Eight weeks later, Rocco completed the same test after a 90-minute skills session in the evening.

Which fitness assessment protocol has Rocco failed to apply?

- A. progressive overload
- B. reliability
- C. validity
- D. accuracy