FNB FITNESS NEW BRUNSWICK

CPNB CONDITIONNEMENT PHYSIQUE N.-B.

Summer 2019 article and quiz for 1 CSEP PDC/1 FNB CEC

Read the Article: High tempo music prolongs high intensity exercise

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Answer the questions below, save the document to your computer and submit to executivedirector@fitnessnb.ca on or before April 30, 2019

Please Note: If using Firefox or Google Chrome you will need to convert to a fillable form:

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1. . Which is NOT an explanation as to why music is able to promote ergogenic and psychological benefits during exercise?

◯ a) music will alter psychomotor arousal therefore acting as a stimulant during physical activity
◯ b) music allows the brain to fire neurons at a faster velocity allowing exercise to become more comfortable
◯ c) music may allow individuals to separate thoughts from feelings, changing unpleasant feelings and reducing sensations of fatigue
◯ d) individuals are predisposed to respond to rhythmical elements making physical activity more harmonious

2. High exercise intensities are affected more by ___ and less by ____.

◯ a) central fatigue, peripheral fatigue
◯ b) respiratory fatigue, neurological fatigue
◯ c) peripheral fatigue, central fatigue
◯ d) weakness, fatigue

3. What type of high intensity exercise did the participants complete?

◯ a) running
◯ b) cycling
◯ c) swimming
◯ d) boxing

4. Heart rate was _____% higher in music condition across the four time points

◯ a) 1
◯ b) 2
◯ c) 3
◯ d) 4

5. What was the difference between the rate of perceived exertion in the music condition and non-music condition?

◯ a) higher rate in music condition
◯ b) lower rate in music condition
◯ c) higher rate in non-music condition
◯ d) no statistically significant difference

6. High intensity exercise participants with high tempo music exercised _____ longer than those in non-music condition.

- ◯ a) 11.3%
- ◯ b) 10.7%
- ◯ c) 9.6%
- ◯ d) 3.8%

7. Breathing frequency is controlled by the:

- ◯ a) central motor drive
- ◯ b) autonomic nervous system
- ◯ c) peripheral nervous system
- ◯ d) all of the above

8. 5 minutes post high intensity exercise, HR in the music conditions were _____ than those in non-music condition.

- ◯ a) significantly lower
- ◯ b) significantly higher
- ◯ c) insignificantly lower
- ◯ d) not significantly different

9. High tempo music had a statistically significant effect on high intensity exercise in:

- ◯ a) ventilation
- ◯ b) breathing frequency
- ◯ c) blood lactate
- ◯ d) all of the above

10. Based on this study, high tempo music can lead to

- ◯ a) greater performance with increased perceived exertion
- ◯ b) lack of effort in the exercise
- ◯ c) greater performance without increased perceived exertion
- ◯ d) change of mood