

Crossfit Level 1 Exam

What is the main goal of Crossfit? - ANS - To increase an individual's competency and abilities at all physical tasks

What are the 10 fitness domains Crossfit can improve? What are their definitions? - ANS - -

- Cardiovascular endurance: Ability of a body system to gather, deliver, and utilize oxygen

- Stamina: Ability of body processes to process, deliver, store, and utilize energy systems

- Strength: Ability of a muscle joint, or multiple muscular units, to apply force

- Flexibility: Ability to maximize ROM at a given joint

- Power: Ability of a muscle unit, or multiple muscular units, to apply force over time

- Speed: The ability to minimize the time cycle of a repeated movement

- Coordination: Ability to combine several movement patterns into a distinct movement

- Agility: ability to minimize transition time from one movement pattern to another

- Balance: Ability to place center of gravity in relation to base of support

- Accuracy: Ability to control movement in a given direction at a given intensity

How is Crossfit different from typical training approaches? - ANS - Crossfit utilizes high-intensity compound movements and workouts that are geared to increase overall athletic performance. More holistic than specialized isolated exercise

What are the main exercises and training practices at Crossfit? - ANS - Metabolic conditioning, gymnastic movements, olympic lifts, some isometric movements, and sports activities

What does "Core Strength and Conditioning Program" Mean? - ANS - 2 senses of the word Core:

1. The workouts and exercises of crossfit are the core backbone of any athletic endeavor
2. It's literally exercising for your core (abs) and the functional axis of the body

Crossfit Test Study Guide

SB Merriam



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