

March 28, 2017

## 12.4 Self Test

The following is your “CCI-L2T (Dryland)” Self Test. Please answer T (true) or F (false) to each of these statements.

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|---|---|---|
| 1) Physical literacy should be developed before the onset of the adolescent growth spurt.   | T | F |
| 2) The L2T stage of development is a window of optimal trainability for strength  | T | F |
| 3) Tracking growth before, during and after maturation allows coaches to address the critical periods of physical development (fitness, strength, speed and flexibility) and skill development. | T | F |
| 4) The five basic elements of training and performance are:<br>✓ Endurance<br>✓ Strength<br>✓ Speed<br>✓ Skill<br>✓ Flexibility   | T | F |
| 5) The systematic development of self-reliance skills begins during the L2T stage of development.   | T | F |
| 6) A sport program is a planned and progressive sequencing of activities.   | T | F |
| 7) During the L2T stage athletes should be encouraged to take increasingly systematic approach towards the development of their own an fitness.   | T | F |
| 8) The body derives energy from four different fuel systems.  | T | F |
| 9) The “zone 1” level of exercise intensity is too low to have any meaningful training benefit.   | T | F |
| 10) When stretching is done incorrectly or at the wrong time it can do more harm than good.   | T | F |
| 11) For girls a window of optimal trainability for speed occurs between six and eight years of age.   | T | F |
| 12) Fundamental movement skills should be mastered, motor development emphasized and basic cross-country ski skills refined during the L2T stage of development.                                | T | F |
| 13) Core strength development (abdominal wall and lower back) is important For athletes participating in any activities or sports beginning at the L2T stage.                                   | T | F |

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| 14) Skill Development Camps should not be introduced to children before the end of the L2T stage of development.                              | T | F |
| 15) Carbohydrate consumption should be avoided before, during and after long training sessions and competitions.                              | T | F |
| 16) It is not beneficial to wear eyewear with UV protection during the Winter months.   | T | F |
| 17) Athletes should be introduced to roller skiing during the L2T stage of development for the purpose of building their upper body strength. | T | F |
| 18) Ski walking is a dryland technique that is used to prepare athletes For Double Poling during the winter season.                           | T | F |