

# The Optimum Performance Training (OPT) Model and Resistance Training Concepts Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. What is the term for a training variation that alternates between upper body and lower body exercises throughout the set?**
  - A. Peripheral Heart Action (PHA) Circuit**
  - B. Giant Set**
  - C. Drop Sets**
  - D. Tri-Sets**
- 2. How is posture defined in the context of fitness?**
  - A. The alignment of the spine during activity**
  - B. The relative position of body parts**
  - C. The stance taken while performing exercises**
  - D. The body's ability to relax during training**
- 3. The enlargement of skeletal muscle due to training is known as?**
  - A. Atrophy**
  - B. Hypertrophy**
  - C. Resilience**
  - D. Regression**
- 4. During which phase does an increase in work capacity primarily occur?**
  - A. Stabilization Endurance Training**
  - B. Muscular Development**
  - C. Strength Endurance**
  - D. Power Training**
- 5. What is a primary benefit of core training?**
  - A. Improved hand-eye coordination**
  - B. Enhanced posture and spinal health**
  - C. Increased flexibility in extremities**
  - D. Decreased cardiovascular endurance**

- 6. Identify one benefit of resistance training for older adults.**
- A. Increased risk of injury**
  - B. Increased muscular strength and functional mobility**
  - C. Reduced cardiovascular endurance**
  - D. Higher chances of falls**
- 7. Which element is essential in exercise selection for a training program?**
- A. Personal preference of the trainer**
  - B. Availability of equipment**
  - C. Specific goals of the individual**
  - D. Time of day for training**
- 8. Which outcome is associated with low volume and high intensity training?**
- A. Improved blood lipid profile**
  - B. Increased cross sectional area**
  - C. Increased motor synchronization**
  - D. Improved metabolic rate**
- 9. What might be improved as a result of Speed, Agility, and Quickness Training?**
- A. Joint flexibility**
  - B. Balance and stabilization**
  - C. Technical skills in sprinting and mechanics**
  - D. Overall muscle endurance**
- 10. Delayed Onset Muscle Soreness (DOMS) is typically felt after how many hours of exercise?**
- A. 12 to 24 hours**
  - B. 24 to 48 hours**
  - C. 48 to 72 hours**
  - D. 72 to 96 hours**



## **Answers**

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1. A
2. B
3. B
4. C
5. B
6. B
7. C
8. C
9. C
10. B

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## **Explanations**

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**1. What is the term for a training variation that alternates between upper body and lower body exercises throughout the set?**

**A. Peripheral Heart Action (PHA) Circuit**

**B. Giant Set**

**C. Drop Sets**

**D. Tri-Sets**

The term for a training variation that alternates between upper body and lower body exercises throughout the set is known as Peripheral Heart Action (PHA) Circuit. This method is specifically designed to enhance cardiovascular performance while also promoting muscular endurance. By alternating between upper and lower body exercises, it allows for continuous work without resting the same muscle groups excessively. As one muscle group recovers, another is engaged, which helps maintain a higher heart rate during the workout. This approach is particularly beneficial for increasing overall blood flow and can improve workout efficiency by targeting different muscle groups effectively within a single circuit format. Other options represent different training techniques but do not embody the specific alternating characteristic of the PHA Circuit.

**2. How is posture defined in the context of fitness?**

**A. The alignment of the spine during activity**

**B. The relative position of body parts**

**C. The stance taken while performing exercises**

**D. The body's ability to relax during training**

Posture in the context of fitness is best defined as the relative position of body parts. This encompasses how various segments of the body are aligned in relationship to each other, which is crucial during any physical activity or training. Proper posture involves not just a vertical alignment, but also how limbs, the torso, and the head relate spatially to one another. This understanding of posture is fundamental because optimal alignment can significantly impact performance, reduce the risk of injury, and improve overall function during workouts. For instance, a well-aligned position allows for better balance and more efficient movement patterns, facilitating the execution of exercises more effectively. While alignment of the spine during activity is a component of posture, focusing solely on the spine does not capture the full scope of how the body as a whole is positioned. Similarly, the stance taken while performing exercises is more about the specific position of the feet and legs, rather than the overall alignment of body parts. The body's ability to relax during training relates more to muscle tension and mental state, rather than the static positioning of body segments, which is the core of what constitutes posture.

**3. The enlargement of skeletal muscle due to training is known as?**

- A. Atrophy**
- B. Hypertrophy**
- C. Resilience**
- D. Regression**

The enlargement of skeletal muscle due to training is known as hypertrophy. This process occurs when muscle fibers increase in size as a response to the stress of resistance training. When muscles are subjected to consistent overload through resistance exercises, micro-tears occur in the muscle fibers. The repair process leads to muscles becoming larger and stronger, a condition known as hypertrophy. Hypertrophy is an important concept in the OPT Model as it is one of the key goals of resistance training, particularly in phases designed specifically to increase muscle size. Understanding this process is essential for designing effective training programs that target muscle growth. The other terms mentioned are significantly different. Atrophy refers to muscle shrinkage due to disuse or aging, resilience describes the ability to recover from difficulties or challenges, and regression pertains to a return to a less advanced state. Each of these terms highlights different aspects of physical conditioning and training adaptations, but they do not accurately describe the growth of muscle tissue as hypertrophy does.

**4. During which phase does an increase in work capacity primarily occur?**

- A. Stabilization Endurance Training**
- B. Muscular Development**
- C. Strength Endurance**
- D. Power Training**

In the context of the Optimum Performance Training (OPT) Model, the phase during which an increase in work capacity primarily occurs is Strength Endurance. This phase focuses on developing the ability to sustain prolonged exertion while maintaining muscular endurance. Strength Endurance involves combining strength and endurance training, allowing an individual to lift heavier loads for a longer duration. The unique training protocols in this phase promote muscle stamina and enhance cardiovascular capacity, leading to improvements in overall work capacity. These adaptations are crucial for individuals looking to enhance performance in activities requiring both strength and endurance. The other phases each have distinct focuses. Stabilization Endurance Training emphasizes establishing a solid foundation of balance, stability, and overall endurance without as much focus on increasing overall work capacity. Muscular Development aims at hypertrophy, focusing more on muscle size than on improved work capacity endurance. Finally, Power Training is concentrated on developing the ability to generate force quickly, prioritizing explosive power over endurance or sustainable exertion.

## 5. What is a primary benefit of core training?

- A. Improved hand-eye coordination
- B. Enhanced posture and spinal health**
- C. Increased flexibility in extremities
- D. Decreased cardiovascular endurance

The primary benefit of core training lies in its ability to enhance posture and spinal health. The core muscles, which include not only the abdominals but also the muscles of the back, pelvis, and diaphragm, play a crucial role in maintaining proper alignment and stability of the spine. By strengthening these muscles, individuals can achieve better posture, which is important for preventing injuries and reducing the risk of chronic pain, particularly in the lower back. Good posture also facilitates efficient movement patterns and can improve overall athletic performance. Furthermore, a strong core contributes to efficient transfer of force during physical activities, supporting both functional movements in daily life and performance in sports. This foundational strength can lead to far-reaching benefits in various forms of exercise and physical activities. The other options, while potentially related to fitness, do not accurately reflect the specific benefits associated with core training. Improved hand-eye coordination is more related to neuromuscular training and skill development, increased flexibility in extremities pertains to different stretching and flexibility programs, and decreased cardiovascular endurance is typically not associated with core training, as effective core work can support overall fitness without detracting from cardiovascular health.

## 6. Identify one benefit of resistance training for older adults.

- A. Increased risk of injury
- B. Increased muscular strength and functional mobility**
- C. Reduced cardiovascular endurance
- D. Higher chances of falls

One significant benefit of resistance training for older adults is the increase in muscular strength and functional mobility. As individuals age, they naturally lose muscle mass and strength, a condition known as sarcopenia. Engaging in regular resistance training helps counteract this decline by promoting muscle hypertrophy and strengthening connective tissues. This improvement in strength not only enhances overall physical capability but also plays a crucial role in daily activities, allowing older adults to perform tasks such as lifting objects, climbing stairs, and maintaining balance with greater ease. Additionally, increased muscular strength contributes to functional mobility, which is essential for preventing falls. Improved muscle strength leads to better stability and coordination, directly influencing an individual's ability to navigate their environment safely. Therefore, resistance training is vital for maintaining independence and quality of life among older adults.

**7. Which element is essential in exercise selection for a training program?**

- A. Personal preference of the trainer**
- B. Availability of equipment**
- C. Specific goals of the individual**
- D. Time of day for training**

The selection of exercises in a training program must align closely with the specific goals of the individual. This is paramount because different training objectives, such as improving strength, enhancing endurance, losing weight, or increasing flexibility, require distinct exercise modalities and approaches. By tailoring the exercise selection to meet these specific goals, the program ensures that the individual is focused on achieving desirable outcomes effectively. For example, if someone's goal is to build muscle mass, the program would include resistance exercises that focus on progressive overload. Conversely, if the goal is to improve cardiovascular endurance, the exercise selection would emphasize activities such as running, cycling, or swimming. Therefore, aligning exercise choices with personal goals not only maximizes the effectiveness of the training but also helps maintain motivation and adherence to the program.

**8. Which outcome is associated with low volume and high intensity training?**

- A. Improved blood lipid profile**
- B. Increased cross sectional area**
- C. Increased motor synchronization**
- D. Improved metabolic rate**

Low volume and high intensity training primarily involves performing fewer repetitions at or near maximal effort, which significantly enhances strength and power development. One of the key outcomes of this type of training is the improvement of motor synchronization. This refers to the body's ability to recruit muscle fibers efficiently and effectively, leading to better coordination and timing during physical movements. High intensity training focuses on maximal or near-maximal loads, which pushes the nervous system and muscular system to adapt, enhancing the capacity for synchronized muscle firing. This adaptation is critical for athletes who require explosive strength or are involved in sports where precise movement execution is vital. It contrasts with low intensity training typically associated with higher volumes, which focus more on endurance and muscular hypertrophy rather than fine-tuning motor skills and coordination. The other options do not align as closely with the characteristics of low volume and high intensity training. Improved blood lipid profile is more associated with aerobic and cardiovascular training. Increased cross-sectional area relates to hypertrophy, which generally results from higher volume training with moderate intensity. Improved metabolic rate is often a byproduct of various types of training but is not a direct outcome specific to low volume and high intensity protocols.

**9. What might be improved as a result of Speed, Agility, and Quickness Training?**

- A. Joint flexibility**
- B. Balance and stabilization**
- C. Technical skills in sprinting and mechanics**
- D. Overall muscle endurance**

Speed, Agility, and Quickness (SAQ) Training is specifically designed to enhance athletic performance by developing the body's ability to move quickly and change direction. One of the primary focuses of this type of training is to improve technical skills associated with sprinting, such as stride mechanics, acceleration patterns, and overall running form. By practicing drills that emphasize these aspects, athletes learn to execute movements more efficiently, resulting in better performance during competitive activities. Furthermore, while options such as balance and stabilization, joint flexibility, and overall muscle endurance can benefit from various types of training, they are not the central focus of SAQ Training. Instead, improving technical skills in sprinting and mechanics is the most direct outcome of engaging in this specific training modality, as it involves repetitive practice and refinement of those skills essential for speed and quickness.

**10. Delayed Onset Muscle Soreness (DOMS) is typically felt after how many hours of exercise?**

- A. 12 to 24 hours**
- B. 24 to 48 hours**
- C. 48 to 72 hours**
- D. 72 to 96 hours**

Delayed Onset Muscle Soreness (DOMS) is a common response to strenuous exercise, particularly when the body is exposed to new activities or increases in intensity and duration. The soreness is typically felt within a specific timeframe after the workout due to the microscopic damage incurred to muscle fibers during exercise, leading to inflammation and the sensation of pain. The correct timeframe for experiencing DOMS is known to be between 24 to 48 hours post-exercise. This period is when individuals are most likely to report symptoms of soreness, stiffness, and discomfort in the affected muscles. During this window, the body's recovery processes are actively repairing the damaged muscle tissues, which contributes to the sensation of soreness. Understanding this concept is vital for athletes and fitness enthusiasts, as it can help them plan their workouts and recovery periods effectively. Recognizing that soreness peaks within this timeframe allows individuals to adjust their subsequent training sessions to manage pain and facilitate better recovery strategies.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://optmodelresistancetraining.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**