US Rowing Level 2 Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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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 common stern pitch for scull rowing?

A. 4-5

B. 5-6

C. 3-4

D. 6-7

2. In the submerged boat procedure, what is the step to secure the boat from moving?

A. Connect anchor to keep boat from moving

B. Call 911/emergency numbers

C. Get athletes to a warm dry place w/ warm dry clothing

D. Make a second trip if necessary

3. What are mitochondria commonly described as in muscle cells?

A. Energy storage units

B. Control centers

C. Power plants of the muscle cell

D. Waste processing centers

4. Which term refers to the shared way of life, including language, values, and history that shapes how a group operates?

A. Diversity

B. Culture

C. Inclusion

D. Ethics

5. In sweep boats, the stern pitch range is which of the following?

A. 3-4

B. 5-6

C. 4-5

D. 6-7

6. What is true about aerobic energy production during exercise?

- **A. It starts immediately and is less efficient**
- **B. It does not require oxygen**
- **C. It starts after up to 90 seconds and is about 18 times more efficient at producing ATP than anaerobic**
- **D. It produces lactic acid**

7. How is 1RM calculated according to the described method?

- **A. Start with a single rep at 100% and add 5% each attempt until you fail.**
- **B. Use a fixed weight for 3 sets of 10 reps, tracking only reps, not weight.**
- **C. After warming up with 10x60% and 10x40%, try 4x60% = 10 lbs. Increase by 10 lbs until the last weight the athlete can lift for four reps.**
- **D. Warm up with light cardio for 20 minutes, then attempt a single max lift.**

8. Which of the following is listed as a factor to prevent injuries?

- **A. Emergency plan**
- **B. Pre-activity medical screening**
- **C. Swim tests**
- **D. Safe equipment**

9. Which items are sources of carbohydrates?

- **A. Bread, Rice, Pasta, Cereal, Fruit, Vegetables, Juice, Dried Beans**
- **B. Chicken, Beef, Pork**
- **C. Oils and Fats**
- **D. Water, Juice**

10. After oxygen diffuses into the blood, where does the saturated blood travel next?

- **A. To the capillaries in the muscles**
- **B. To the heart and then to the capillaries**
- **C. Directly to muscle cells**
- **D. To the lungs again**

Answers

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

Explanations

1. What is the common stern pitch for scull rowing?

A. 4-5

B. 5-6

C. 3-4

D. 6-7

A moderate stern pitch means the boat is trimmed so the stern sits a bit higher than the bow. This balanced trim helps the hull slice through the water efficiently during the drive, reducing drag and keeping the boat tracking smoothly as you apply power with both oars. If the pitch is too shallow, you'll invite more water resistance and less stability; if it's too steep, the boat can ride too high on the water, reducing contact and making handling and balance less consistent. So, the typical, well-rounded trim is the middle option because it offers the best combination of speed, stability, and predictable handling.

2. In the submerged boat procedure, what is the step to secure the boat from moving?

A. Connect anchor to keep boat from moving

B. Call 911/emergency numbers

C. Get athletes to a warm dry place w/ warm dry clothing

D. Make a second trip if necessary

Securing the submerged boat from moving is about anchoring it so it stays in place. When a boat is submerged, drift and shifting can create hazards for rescuers and occupants. Attaching an anchor provides a resisting force against currents or waves, stabilizing the boat and giving responders a predictable, manageable target to work with. This step directly addresses movement, which is the immediate safety priority. Calling emergency services is essential in many scenarios, but it doesn't hold the boat in place. Getting athletes to a warm, dry area helps aftercare and hypothermia prevention, not the act of securing the vessel. Making a second trip might be necessary for the rescue effort, but it doesn't secure the boat itself.

3. What are mitochondria commonly described as in muscle cells?

A. Energy storage units

B. Control centers

C. Power plants of the muscle cell

D. Waste processing centers

The main idea is that mitochondria are the cell's energy factories, producing the ATP needed for muscle contraction. In muscle cells, the demand for energy is high, so mitochondria carry out cellular respiration to convert nutrients and oxygen into ATP. This energy production is why they're likened to power plants; they supply the energy that powers muscle fibers during movement. Energy storage terms would point to glycogen or fat stores, which hold energy rather than generate it. Control centers are the nucleus, which governs activities and gene expression, while waste processing centers are lysosomes that break down cellular debris. So describing mitochondria as the power plants of the muscle cell best captures their role.

4. Which term refers to the shared way of life, including language, values, and history that shapes how a group operates?

A. Diversity

B. Culture

C. Inclusion

D. Ethics

The term is culture. Culture is the shared way of life of a group, including language, values, beliefs, history, and everyday practices, and it shapes how members interact, what they deem important, and how they operate together. For a rowing club, culture would cover how teammates communicate during practice, the norms around teamwork and discipline, and the traditions rooted in the club's history—these elements collectively guide how the group functions on a day-to-day basis. Diversity describes the variety of backgrounds and characteristics within a group, inclusion is about ensuring those differences are welcomed and valued, and ethics concerns moral principles that guide behavior. But the concept that encompasses the whole pattern of shared life and social organization of the group is culture.

5. In sweep boats, the stern pitch range is which of the following?

A. 3-4

B. 5-6

C. 4-5

D. 6-7

Stability and propulsion in sweep rowing depend on keeping the stern in a moderate pitch. Stern pitch is the angle of the stern relative to the water as you drive the oar. In sweep boats you want a mid-range level, not too low and not too high, so the hull sits efficiently and the blade stays at a good depth. This mid-range helps the boat track cleanly and the power transfer from the rower into forward motion remains consistent across strokes. If the pitch is too small, the stern sits too low, increasing drag and making the stern more prone to catching water and losing trim. If the pitch is too large, the stern rises too much, which can destabilize the boat and reduce the effective blade depth, also making it harder to maintain a smooth, powerful stroke. Therefore, the best range is the middle one, which balances lift, stability, and efficiency.

6. What is true about aerobic energy production during exercise?

A. It starts immediately and is less efficient

B. It does not require oxygen

C. It starts after up to 90 seconds and is about 18 times more efficient at producing ATP than anaerobic

D. It produces lactic acid

A key idea here is that aerobic energy production depends on oxygen and provides the majority of ATP for longer, steady efforts, but it doesn't kick in instantly. At the very start of exercise, the body relies more on immediate stores and the anaerobic systems to supply energy quickly. The aerobic system then ramps up and becomes the main source after a short delay, often described as starting to dominate after about a minute or so (up to around 90 seconds in some contexts), once oxygen delivery and utilization catch up with the demand. The reason this system is so advantageous is its efficiency. When oxygen is available, aerobic metabolism oxidizes substrates (carbohydrates and fats) to generate ATP far more efficiently than anaerobic glycolysis. Roughly 36–38 ATP can be produced from one glucose molecule aerobically, compared with about 2 ATP from anaerobic glycolysis. That puts aerobic energy production in a position to be about 18 times more ATP-efficient per glucose molecule than the anaerobic pathway. Also, aerobic metabolism does not rely on lactic acid as its main byproduct; lactate accumulation is more associated with anaerobic glycolysis when oxygen supply cannot meet the demand. In well-oxygenated, sustained efforts, lactate is produced and cleared more cooperatively, but the primary energy source remains aerobic. So, the statement in focus is correct because it captures both the delayed onset of aerobic energy contribution and its much higher ATP yield relative to anaerobic pathways.

7. How is 1RM calculated according to the described method?

A. Start with a single rep at 100% and add 5% each attempt until you fail.

B. Use a fixed weight for 3 sets of 10 reps, tracking only reps, not weight.

C. After warming up with 10x60% and 10x40%, try 4x60% = 10 lbs. Increase by 10 lbs until the last weight the athlete can lift for four reps.

D. Warm up with light cardio for 20 minutes, then attempt a single max lift.

Estimating a one-repetition maximum here uses a four-repetition max as the basis. After a careful warm-up, you start with a weight you can lift for four reps and, if you complete all four, you increase the load by a fixed amount (10 pounds) and repeat. You keep building until you can no longer complete four reps. The heaviest weight you successfully lifted for four repetitions is then used to estimate the 1RM (typically with a standard conversion). This approach prioritizes a controlled, repeatable rep-max test over a single all-out attempt, which helps reduce risk and provides a data-driven way to predict the 1RM. The other methods described either test different goals (endurance with sets of ten), rely on a single maximal effort, or skip the structured four-rep progression.

8. Which of the following is listed as a factor to prevent injuries?

A. Emergency plan

B. Pre-activity medical screening

C. Swim tests

D. Safe equipment

Being able to stay afloat and move in the water is a key safety prerequisite for rowing. A swim test checks water competency—whether a rower can swim to safety, tread water, or help in a rescue if they fall in. This ability directly lowers the risk of drowning or panic-related injury during capsizes or immersion, which is why it's listed as a factor to prevent injuries. Other safety measures matter too—an emergency plan improves response in an incident, and pre-activity medical screening ensures participants are fit for activity, while safe equipment reduces injury risk during use. But the swim test specifically targets the capacity to handle being in the water, making it a direct injury-prevention factor.

9. Which items are sources of carbohydrates?

A. Bread, Rice, Pasta, Cereal, Fruit, Vegetables, Juice, Dried Beans

B. Chicken, Beef, Pork

C. Oils and Fats

D. Water, Juice

Carbohydrates are the body's main energy source and come from foods rich in starches and sugars. Bread, rice, pasta, and cereal are classic grain-based carbs; fruit and juice provide natural sugars; vegetables contain carbs as well; dried beans are a solid source of complex carbohydrates. The other options focus on protein foods or fats, which don't provide carbohydrates, and water has no carbs at all. So the set that lists familiar carbohydrate-rich foods best matches the question.

10. After oxygen diffuses into the blood, where does the saturated blood travel next?

A. To the capillaries in the muscles

B. To the heart and then to the capillaries

C. Directly to muscle cells

D. To the lungs again

When blood has picked up oxygen in the lungs, it still needs the heart to drive circulation. The oxygenated blood goes to the heart first, where it's pumped out into the body's arteries and travels to capillaries in the muscles to deliver oxygen. Only after circulating through the body does it return to the heart (to be sent to the lungs again for another round). So the next step is to the heart and then to the capillaries. It wouldn't go directly to muscle cells, and it wouldn't go back to the lungs immediately.

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.

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

https://usrowinglvl2.examzify.com

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