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. **Which activity is listed as a hip flexibility improvement technique?**

   A. Lunges

   B. Situps

   C. Bench press

   D. Russian twist

2. **What is the recommended carbohydrate intake for lightweight athletes?**

   A. 500 g/day

   B. 300-400 g/day

   C. 100-200 g/day

   D. 600-700 g/day

3. **HRmax is described as the highest heart rate after an all-out effort during what duration test?**

   A. 60 seconds on a treadmill

   B. 30 seconds sprint

   C. 120 seconds sprint with rest

   D. 5 minutes on an ergometer or 3-5 minutes running

4. **How long should a muscular endurance workout last?**

   A. 45-90 minutes

   B. 20-30 minutes

   C. 2-3 hours

   D. 5-10 minutes

5. **In a 1000 meter race, what is the ratio of aerobic to anaerobic energy used?**

   A. 50% aerobic: 50% anaerobic

   B. 100% aerobic

   C. 60% aerobic: 40% anaerobic

   D. 30% aerobic: 70% anaerobic

6. Which statement is true about oar inboard adjustments?

A. Inboard for sweep is spread + 30 cm

B. Inboard for sweep is spread + 60 cm

C. Inboard for scull is spread - overlap/2

D. Inboard does not depend on spread

7. Which of the following is listed as a coach's role?

A. Mentor

B. Publicist

C. Athlete

D. Spectator

8. Which cadence range is associated with a very hard intensity?

A. 18-22 moderate

B. 22-28 hard

C. 28-34 very hard

D. 34 and up exhausting

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

A. 4-5

B. 5-6

C. 3-4

D. 6-7

10. Volume is also called duration and expresses how much work in terms of what?

A. Distance and time

B. Distance, time, number of sessions per week, number of sets/reps, and amount of lifted weight

C. Pace

D. Calories burned

Answers

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

Explanations

1. Which activity is listed as a hip flexibility improvement technique?

A. Lunges

B. Situps

C. Bench press

D. Russian twist

Hip flexibility improves most with movements that lengthen the hip flexors and mobilize the hip joint. Lunges directly accomplish this: as you step into a lunge and sink the hips, the trailing leg's hip flexors lengthen, increasing hip range of motion. The position also encourages engagement of the glutes and hamstrings, promoting stability and control through the hip as ROM improves. This makes lunges a practical, progressive way to enhance hip mobility for rowing, where the hips must move through a full, coordinated range during the stroke. Situps mainly train the abdominal muscles and the hip flexors through contraction, not through lengthening or increasing joint ROM, so they don't provide a reliable hip flexibility benefit. Bench pressing targets the upper body pushing muscles, with little relevance to hip mobility. Russian twists focus on core rotation and oblique strength and involve some hip action, but they aren't a primary or reliable method for improving hip flexibility.

2. What is the recommended carbohydrate intake for lightweight athletes?

A. 500 g/day

B. 300-400 g/day

C. 100-200 g/day

D. 600-700 g/day

Carbohydrates are the main fuel for endurance-style, high-intensity training, and for lightweight athletes the goal is to fuel effectively without adding surplus calories that would exceed weight limits. For athletes with regular training and a need to stay lean, a moderate daily carbohydrate intake around 300–400 g provides enough glycogen to support workouts, maintain energy during sessions, and aid recovery, while still aligning with weight-management goals. Choosing a higher amount, like 500 g/day, can push total calories up and risk weight gain; a lower amount, such as 100–200 g/day, may leave glycogen stores depleted and performance compromised; and going well above 400 g/day often isn't necessary for typical lightweight training loads and could similarly affect weight. Therefore, 300–400 g/day balances fueling needs with the weight restrictions typically placed on lightweight athletes.

3. HRmax is described as the highest heart rate after an all-out effort during what duration test?

A. 60 seconds on a treadmill

B. 30 seconds sprint

C. 120 seconds sprint with rest

D. 5 minutes on an ergometer or 3-5 minutes running

The highest heart rate is reached during a sustained maximal effort, when the cardiovascular system is driven to its limit. In practice, this shows up most reliably with a continuous all-out effort lasting about five minutes on an ergometer or three to five minutes of running. That duration is long enough for heart rate to climb to its ceiling as oxygen delivery and utilization peak and the body's sympathetic drive reaches maximum. Shorter tests, like a minute on the treadmill or a brief sprint, rely more on anaerobic energy and may not push the heart rate to true maximum, while a sprint with rest breaks doesn't maintain the continuous stress needed to reach HRmax.

4. How long should a muscular endurance workout last?

A. 45-90 minutes

B. 20-30 minutes

C. 2-3 hours

D. 5-10 minutes

Muscular endurance improves when your muscles stay under load for a meaningful amount of time and you accumulate a high total amount of work with manageable recovery between efforts. A workout that lasts a mid-to-long duration gives you enough time to repeat endurance-focused blocks, maintain good technique, and push the muscles to function under fatigue without breaking down. If the session is too short, you don't create enough time under tension or enough repetitions to drive endurance adaptations. If it goes on too long, fatigue can steal form and make recovery harder. So, a mid-to-long duration is ideal because it provides the volume and pacing needed to build durable, fatigue-resistant muscles, which is the goal of muscular endurance training, especially in rowing where sustaining technique over extended periods matters.

5. In a 1000 meter race, what is the ratio of aerobic to anaerobic energy used?

A. 50% aerobic: 50% anaerobic

B. 100% aerobic

C. 60% aerobic: 40% anaerobic

D. 30% aerobic: 70% anaerobic

A 1000-meter race sits in a middle-distance range where you're using both the aerobic system (which runs on oxygen) and the anaerobic systems (which provide energy quickly without relying on oxygen). The pace is high enough that anaerobic glycolysis contributes a substantial amount of energy, but it's also long enough that the aerobic system is heavily involved to sustain effort and support recovery between bursts. Because the duration of this distance is usually around a few minutes, these two energy pathways tend to share the load fairly evenly, giving an approximate 50% from aerobic processes and 50% from anaerobic processes. Choosing a heavier lean on either side doesn't fit the typical demands of the race: too much aerobic energy would slow the pace, while relying too much on anaerobic energy isn't sustainable for the full distance.

6. Which statement is true about oar inboard adjustments?

A. Inboard for sweep is spread + 30 cm

B. Inboard for sweep is spread + 60 cm

C. Inboard for scull is spread - overlap/2

D. Inboard does not depend on spread

In oar setup, the inboard length is tied to the boat's spread, especially in sweep rowing where oars sit on opposite sides. The blade's path and the rower's hand position must line up consistently on both sides, so the inboard needs to be a fixed amount longer than the spread. The standard rule is to set the inboard for sweep as spread plus about 30 cm. This extra length accounts for the oarlock position and the portion of the oar that sits inside the boat, helping the blade enter the water at the correct angle without hitting the boat or each other. Using only the spread would misalign the blade, and a much larger offset (like +60 cm) would overshoot the proper geometry. The relationship between inboard and spread is specific to sweep; sculling uses a different adjustment pattern, so that one isn't applicable here.

7. Which of the following is listed as a coach's role?

A. Mentor

B. Publicist

C. Athlete

D. Spectator

Coaching is about guiding and developing athletes over time. A coach acts as a mentor—providing ongoing support, modeling positive behavior, giving feedback, helping set goals, and fostering growth beyond immediate workouts. This relationship supports long-term skill development, confidence, and resilience. The other roles don't fit this coaching focus: a publicist handles media and promotion, an athlete is the person being coached, and a spectator is an observer. So mentoring is the role listed.

8. Which cadence range is associated with a very hard intensity?

A. 18-22 moderate

B. 22-28 hard

C. 28-34 very hard

D. 34 and up exhausting

Cadence, the number of strokes you take per minute, is closely linked to how hard you're working. As you increase cadence, your effort and breathing typically increase too. In rowing training zones, a comfortable, conversational effort sits around 18–22 strokes per minute (moderate). Pushing a bit harder lands around 22–28 strokes per minute (hard). A very hard effort is associated with a higher cadence, roughly 28–34 strokes per minute, where breathing becomes noticeably heavier and speaking is difficult. Pushing beyond that, 34 and up, tends to feel exhausting and unsustainable for long periods. So the cadence range that corresponds to very hard is 28–34.

9. 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.

10. Volume is also called duration and expresses how much work in terms of what?

A. Distance and time

B. Distance, time, number of sessions per week, number of sets/reps, and amount of lifted weight

C. Pace

D. Calories burned

Volume represents the total amount of work you perform in training, and it can be described using multiple measures depending on the activity. It includes how far you go (distance) and how long you train (time), as well as how often you train (number of sessions per week), and, in resistance work, how much you lift (sets, reps, and the amount of weight). Pace is about speed, not the total amount of work, and calories burned is energy expenditure influenced by many factors rather than a direct measure of work performed. This combination of distance, time, frequency, and load best captures the overall volume.

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!