

US ROWING LEVEL 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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- 1. Which value is explicitly included in the USOC code of ethics?**
 - A. Strength
 - B. Safety
 - C. Fame
 - D. Wealth

- 2. Describe the recommended hand and grip position during the recovery to reduce back and shoulder strain.**
 - A. Tense grip and braced shoulders.
 - B. Clenched fists to grip the oar tightly.
 - C. Hard grip while keeping wrists rigid to prevent blade slip.
 - D. Relaxed grip with wrists loose; hands stay light; forearms and shoulders are relaxed; maintain continuity.

- 3. What should be done if hull shows cracks during pre-practice safety check?**
 - A. Continue practice with caution.
 - B. Apply temporary patch on-site.
 - C. Remove boat from service until repaired.
 - D. Record the issue for later.

- 4. 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

- 5. 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

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. What is the ankle heel depth measurement listed?

- A. 18 cm
- B. 16 cm
- C. 20 cm
- D. 22 cm

8. According to the USOC code of ethics, what should be prioritized first?

- A. Wins
- B. Publicity
- C. Put athletes first
- D. Personal satisfaction

9. Which item is essential to record for a basic emergency contact and incident report on the water?

- A. The color of the boat.
- B. Time, location, people involved, injuries, actions taken, and follow-up steps.
- C. Weather forecast for the day.
- D. The make of the oars.

10. What does it mean to be a positive coach?

- A. Do not dwell on negative feedback, instead have empathy and provide positive knowledge-based feedback that promotes love of sport and fitness.
- B. Focus on winning at all costs.
- C. Emphasize only performance metrics.
- D. Ignore safety concerns.

Answers

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

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Explanations

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1. Which value is explicitly included in the USOC code of ethics?

- A. Strength
- B. Safety**
- C. Fame
- D. Wealth

Safety is explicitly included as a listed value in the USOC code of ethics, signaling a clear priority on protecting participants and maintaining a safe sporting environment. The code sets safety alongside other guiding commitments to ensure that athletes, coaches, officials, and staff are treated with care and that risks are minimized during training and competition. Strength, fame, and wealth describe outcomes or personal ambitions rather than formal ethical commitments, so they aren't stated values in the code.

2. Describe the recommended hand and grip position during the recovery to reduce back and shoulder strain.

- A. Tense grip and braced shoulders.
- B. Clenched fists to grip the oar tightly.
- C. Hard grip while keeping wrists rigid to prevent blade slip.
- D. Relaxed grip with wrists loose; hands stay light; forearms and shoulders are relaxed; maintain continuity.**

During the recovery, let the hands, wrists, and arms stay soft and easy. The best approach is a relaxed grip with wrists loose, keeping the hands light while the forearms and shoulders stay relaxed, and the movement remains continuous and smooth. This minimizes tension that can travel up into the back and shoulders, reducing strain. A tight grip or rigid wrists tends to lock up the upper body and waste energy, making the recovery stiff and increasing fatigue. By keeping the grip light and the wrists flexible, the oar can feather and move with the body, letting you lengthen your torso and shoulders as you recover. Maintaining continuity means the recovery flows steadily rather than stopping and starting with heavy effort, which supports a safer, more comfortable stroke overall.

3. What should be done if hull shows cracks during pre-practice safety check?

- A. Continue practice with caution.
- B. Apply temporary patch on-site.
- C. Remove boat from service until repaired.**
- D. Record the issue for later.

Cracks in the hull indicate a structural compromise that can worsen under load, so safety requires removing the boat from service until it is repaired. A cracked hull can let water in, reduce buoyancy, and even fail during use, putting the crew at serious risk. Continuing practice with a cracked hull isn't acceptable, even with extra caution. A temporary patch on-site may seem tempting, but patches don't restore full structural integrity and can fail under rowing stresses. Merely recording the issue for later doesn't address the immediate danger or prevent the boat from being used in its current condition. The right action is to take the boat out of service and arrange proper repair before it returns to use.

4. 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.

5. 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.

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. What is the ankle heel depth measurement listed?

- A. 18 cm
- B. 16 cm**
- C. 20 cm
- D. 22 cm

Ankle heel depth is a sizing detail used in setting up footwear or foot stretchers for rowing. It represents how far the heel sits relative to the ankle in the boot or shoe, and getting this depth right helps keep the ankle in a neutral line with the knee and hip for efficient strokes and to reduce rubbing or instability. The value shown for this setup is 16 cm, which matches the chart's specification for this item. Larger depths would move the heel deeper and change alignment, while smaller depths would create a tighter fit or less heel clearance. So 16 cm is the measurement listed for this item.

8. According to the USOC code of ethics, what should be prioritized first?

- A. Wins
- B. Publicity
- C. Put athletes first**
- D. Personal satisfaction

Placing athletes first is the priority because the code of ethics centers on the welfare and rights of athletes. It directs coaches, administrators, and officials to protect athletes' safety, health, and fair treatment, making decisions that support their development and long term well being. Wins are important, but they cannot come at the cost of an athlete's safety or dignity. Publicity and image should not override athletes' interests, and personal satisfaction isn't the measure by which ethical action is judged.

9. Which item is essential to record for a basic emergency contact and incident report on the water?

- A. The color of the boat.
- B. Time, location, people involved, injuries, actions taken, and follow-up steps.**
- C. Weather forecast for the day.
- D. The make of the oars.

Recording an on-water emergency hinges on capturing the facts that let others understand and act quickly. The essential items are the time, location, people involved, injuries, actions taken, and follow-up steps. Time and location pinpoint when and where the incident happened, which is crucial for responders and for accurate documentation. Identifying who was involved or affected keeps track of those impacted and who witnessed or assisted. Note any injuries to guide medical treatment and records. Recording actions taken shows what was done immediately (first aid given, emergency services called, evacuations, etc.), and listing follow-up steps ensures proper care, equipment checks, and any required reporting. Details like boat color or oars' make don't illuminate what occurred, and weather forecasts, while potentially relevant for context, aren't part of the core incident record.

10. What does it mean to be a positive coach?

- A. Do not dwell on negative feedback, instead have empathy and provide positive knowledge-based feedback that promotes love of sport and fitness.
- B. Focus on winning at all costs.
- C. Emphasize only performance metrics.
- D. Ignore safety concerns.

Positive coaching means guiding athletes with empathy and constructive, knowledge-based feedback that helps them grow and enjoy the sport. It emphasizes learning the process—technique, effort, teamwork, and safety—over simply winning. In practice, a positive coach gives specific, actionable tips, recognizes effort and improvement, and views mistakes as opportunities to learn. The aim is to build confidence, motivation, and a lasting love of rowing while keeping athletes safe and engaged. Choosing approaches that chase wins at all costs can create fear and pressure rather than growth. Focusing only on performance metrics narrows feedback and can neglect how to actually improve. Ignoring safety concerns is dangerous and undermines trust and long-term participation.

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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!

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