



About Rowing Multiple Choice Test

Question 1

Rowing is a resistance-based exercise.

- (A) True
- (B) False

Question 2

What is intensity?

- (A) is the amount of effort put in by the rower, their level of exertion
- (B) is how high a stroke rate the rower can achieve
- (C) is the highest heart rate a rower can achieve

Question 3

Rowing is a self-paced exercise.

- (A) True
- (B) False

Question 4

What is meant by the term 'self paced' in terms of exercise?

- (A) You exercise at your desired intensity. Limits are your psychology, your physical conditioning and your technical ability
- (B) You row at your desired stroke rate
- (C) You exercise at 60% effort.

Question 5

What muscle groups are used when rowing?

- (A) Legs
- (B) Legs and arms
- (C) Legs, arms and torso

Question 6

A smooth even rowing stroke is important because:

- (A) it feels nice
- (B) it spreads the work evenly over the major muscle groups in proportion to their strength/size
- (C) it promotes strength
- (D) it avoids the risk of straining a muscle

Question 7

What is the principal energy system used in rowing?

- (A) Fat burning Energy System
- (B) Anaerobic Energy System
- (C) Aerobic Energy System

Question 8

Over what distance is an Olympic class rowing event held?

- (A) 500m
- (B) 1000m
- (C) 2000m
- (D) 5000m

WaterRower



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Question 9

What major benefit did the invention of the sliding seat have to rowing?

- (A) it made boats go faster
- (B) it utilised the strength of the legs in coordination with that of the torso and arms
- (C) it was more comfortable to sit on, so the rower could train for longer

Question 10

Rowing is the most efficient aerobic exercise because it

- (A) is fun
- (B) recruits a larger muscle mass than any other aerobic exercise
- (C) is not a common exercise

Question 11

How do you change intensity when you are rowing?

- (A) You pull a lever which changes the resistance setting
- (B) You change the weight of the boat
- (C) You cannot change intensity
- (D) Row harder and faster

Question 12

In what way does the WaterRower simulates rowing.

- (A) made out of wood and water
- (B) feels more like rowing
- (C) its WaterFlywheel is similar to a blade moving through the water and the volume of the water in the tank represents the mass of the boat and crew.

Question 13

When rowing on the WaterRower, does an increased effort:

- (A) Increase the drag effect?
- (B) Decrease the drag effect?
- (C) Have no effect on the drag?

WaterRower

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