



About Technique Multiple Choice Test

Question 1

Which are some of the main elements of rowing:

- (A) posture, timing and the catch position
- (B) rhythm, posture and lower body movement
- (C) upper body movement, power and posture

Question 2

Why is good posture important in rowing?

- (A) because the rower looks slimmer if they sit up tall
- (B) because the torso is the connection between the working muscle groups
- (C) because the torso is the major muscle group involved in the rowing action

Question 3

The correct ratio of work to relaxation in the rowing stroke is:

- (A) 1 part work: 1 part recovery
- (B) 2 parts work: 1 part recovery
- (C) 1 part work: 2 parts recovery

Question 4

Name the three phases of the rowing action:

- (A) drive phase, recovery phase and catch phase
- (B) drive phase, rock over phase and the release phase
- (C) drive phase, rock over phase and recovery phase

Question 5

The correct sequence of movement from the release to the catch is:

- (A) hands, body, slide
- (B) body, arms, legs
- (C) slide, arms, body

Question 6

Which two important things to check for at the rock over checkpoint:

- (A) hands away to the knees and body rocked over
- (B) arms straight and knees bent half way up the slide
- (C) legs straight and handle drawn to the chest

Question 7

Which one is a technique drill that can be used on the WaterRower to improve the rowing action:

- (A) power strokes
- (B) slide work
- (C) timing

Question 8

Which of the following focus points might an instructor suggest when working on the drive?

- (A) Control the time spent coming up the slide
- (B) Drive with the legs first
- (C) Wrists stay flat

WaterRower



About Technique Multiple Choice Test

Question 9

Which are two of the technique calls an instructor can make in regards to the ratio and rhythm during the recovery phase?

- (A) hold the knees and sit tall
- (B) slow the slide and relax on the way forward
- (C) rock over from the hips and curl up like a spring

Question 10

How would you correct the technical problem of knees raising too early in the rock over phase?

- (A) shoulders relaxed and head up
- (B) slow the slide and sit tall
- (C) let the knees follow the handle up the slide

Question 11

What are the tell tale signs of a hunched catch?

- (A) knees bent and shoulders relaxed
- (B) head down and poor posture
- (C) hands low and leaning too far back

Question 12

How do you correct the recruiting of arms too early during the drive phase?

- (A) Sit up at the finish with head held high
- (B) Keep the shoulders relaxed and drive with the legs
- (C) Keep the elbows close to the body

Question 13

Which are two of the focus points for correcting elbows out at the finish?

- (A) legs straight and handle drawn to the chest
- (B) elbows bent and head up
- (C) shoulders relaxed and elbows back

Question 14

What are the benefits of group rowing:

- (A) more enjoyable and can get a better work out
- (B) can race with others
- (C) emulates crew rowing, so can focus on timing and rhythm and is enjoyable

WaterRower