

## CHAPTER 7

# Application Questions

### Problem 1

Parents of an 8-year-old boy and an 11-year-old girl want to enroll their children in a resistance training program at the local community center. They believe that resistance training will help make their children stronger and faster (and maybe even improve their soccer performance), but they are concerned about the potential for injury. Comment on issues regarding the safety of youth resistance training and highlight program design considerations that address these concerns.

### Problem 2

An 18-year-old female collegiate basketball player with no resistance training experience requests your advice regarding a summer resistance training program that she hopes will improve her playing ability and decrease her risk for injury. Her 20-year-old friend on the team has been resistance training for two years and has benefited tremendously. Comment on sex-related differences in strength and highlight specific concerns regarding the development of resistance training programs for female basketball players. Would these two basketball players respond in the same way to a summer resistance training program?

### **Problem 3**

A 66-year-old nationally ranked swimmer recently recovered from a fractured wrist caused by an injury unrelated to swimming. She has been active all her life but could not swim during the rehabilitation period and now feels that she is “out of shape.” She admits to feeling depressed and complains that she just doesn’t have the energy to exercise. What advice would you give this person? Comment on the trainability of older adults and the benefits of resistance exercise for older women.