

The answers for each question in the work capacity test have been expanded upon to give you the broadest overview. Ideally your answer will have covered most (if not all) of the points outlined.

1. What is work capacity?

- The amount of work you can handle and recover from. (metabolically equipped)
- Largely determined by how quickly you fatigue - how long does it take you to recover?
- What holds you back?
- The person who has a higher work capacity has the potential to make more progress - the more you can train the better (provided you can recover)
- Work capacity can be your limiting factor for progress
- Interrelated factors that determine how hard you train and recover from.

2. Why is work capacity important?

- Work capacity is the foundational element or logical flow that performance and recovery in your training is based on.
- You reach a point when work capacity reaches a plateau - you need to be able to increase training volume to progress - work capacity must be built to accommodate the recovery.

3. List all the factors that influence work capacity?

- Training Age
- Training Volume
- Rest periods
- Blood glucose management
- Nutrition - calorie intake, protein, carb intake
- Sleep
- Stress
- Illness/injury
- Anabolics
- Supplements

4. What are the best ways to measure work capacity?

- Performance - Strength
- Soreness
- Mood
- HRV
- Appearance
- Mobility

5. What reduces as fatigue increases?

Physical/Exercise Performance and Technique.

6. How does a beginner's fitness accumulation differ to that of someone who has been training consistently and properly for 5-10 years longer?

As training age increases you will need to increase work capacity. There is a greater recovery need.

7. What does fitness mean? What do people confuse it with?

Fitness is simply the ability to do a task. Nothing else.

People confuse fitness with health. The two are not correlated.

8. What does health mean?

Health is the absence or freedom from disease/injury. In the case of people living with diabetes. Good health is high quality blood glucose management + freedom from other diseases/illnesses or injury.

9. Will poorly controlled blood sugars affect work capacity? How?

Yes, High blood glucose levels are detrimental to exercise performance and recovery.

- Increased risk of dehydration.
- Muscle protein breakdown.
- Increased oxidative stress, inflammation and glycation.
- Reduced mental clarity.

10. Outline the four key elements of health related fitness

- Physiological
- Health Related
- Skill specific
- Sports

11. What are some of the key questions you should ask yourself subjectively to assess your work capacity?

- What is my adherence like?
- How is my mood?
- How do I look?
- Am I getting injured?
- Is my soreness prolonged?
- Heart Rate Variability

Total score: /34

Post your score on the [Facebook Group](#)

ANSWERS

Q1. What is work capacity? *(1 point)*

ANSWERS: WORK CAPACITY

- ✓ The amount of work you can handle and recover from.

Q2. Why is work capacity important? (1 point)

- ✓ It determines how much exercise stimulus you provide your body with over a period of time. The more stimulus you can handle, specifically in relation to strength training, the more muscle and strength you will gain.

Q3. List 10 factors that influence work capacity? (10 points)

- ✓ Training Age
- ✓ Training Volume
- ✓ Rest periods
- ✓ Blood glucose management
- ✓ Nutrition - calorie intake, protein, carb intake
- ✓ Sleep
- ✓ Stress
- ✓ Illness/injury
- ✓ Anabolics
- ✓ Supplements

Q4. What are the 5 best ways to measure work capacity?

(5 points)

- ✓ Performance - Strength
- ✓ Soreness
- ✓ Mood
- ✓ HRV
- ✓ Appearance

Q5. What reduces as fatigue increases? *(1 point)*

- ✓ Fitness

Q6. How does a beginner's fitness accumulation differ to that of someone who has been training consistently and properly for 5-10 years longer? *(2 points)*

- ✓ As a beginner the fitness accumulation is greater than an experienced individual.

Q7. What does fitness mean? What do people confuse it with? *(2 points)*

- ✓ Fitness. The ability to do a task.

Q8. What does health mean? *(1 points)*

ANSWERS: WORK CAPACITY

- ✓ A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Q9. Will poorly controlled blood sugar affect work capacity?
How? (3 points)

- ✓ Yes. High blood glucose and low blood glucose are detrimental to performance and recovery.
- ✓ High blood sugar increases risk of dehydration, impairs protein synthesis and increases muscle protein breakdown.
- ✓ Low blood sugar stresses the central nervous system and makes it hard to concentrate.

Q10. What are some of the key questions you should ask yourself subjectively to assess your work capacity? (4 points)

- ✓ Cardiovascular
- ✓ Musculoskeletal
- ✓ Flexibility
- ✓ Body Composition

Q11. What are 4 key questions you should ask yourself subjectively to assess your work capacity? (4 points)

ANSWERS: WORK CAPACITY

- ✓ Do I look leaner?
- ✓ Am I stronger?
- ✓ Have I lost a lot of weight really quick?
- ✓ Do I look run down?
- ✓ Does my clothing feel too loose?
- ✓ Am I getting negative feedback from friends and family?