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NEW QUESTION: 1

Which of the following activities relies primarily on the phosphagen energy system?

- A. 400m Freestyle Swim
- B. 400m Sprint
- C. 5RM Back Barbell Squat
- D. 5K Race

Answer: C (LEAVE A REPLY)

NEW QUESTION: 2

A muscle has the greatest capability to generate force when it is at which of the following states of length?

- A. Shortened
- B. Stretched
- C. Contracted
- D. Resting

Answer: D (LEAVE A REPLY)

NEW QUESTION: 3

An athlete training for a marathon would benefit from having a high concentration of which muscle fiber type?

- A. Type IIb
- B. Type III
- C. Type IIa
- D. Type I

Answer: D (LEAVE A REPLY)

NEW QUESTION: 4

Using the Karvonen method, which of the following is the target heart rate range for a 55 year old athlete aerobically exercising at 70-80% of her functional capacity if her resting heart rate is 71 bpm?

- A. 149-158 bpm
- B. 137-146 bpm
- C. 149-165 bpm
- D. 115-132 bpm

Answer: B (LEAVE A REPLY)

NEW QUESTION: 5

All of the following aerobic endurance training methods have the correct associated exercise intensity

EXCEPT?

- A. Interval - ~40% of VO₂ max
- B. Pace/Temp- at the lactate threshold, at or slightly above race pace
- C. High Intensity Intervals greater than VO₂ max
- D. Long, slow distance ~70% of VO₂ max

Answer: A (LEAVE A REPLY)

NEW QUESTION: 6

Rebounding the ball in basketball is most closely mimicked by which of the following exercises?

- A. Deadlift
- B. Back Squat
- C. Bent Over Row
- D. Push Jerk

Answer: D (LEAVE A REPLY)

NEW QUESTION: 7

What is the recommended HDL level in order to protect against heart disease?

- A. Equal to 200
- B. Greater than 300
- C. Greater than or equal to 60
- D. Less than 30

Answer: C (LEAVE A REPLY)

NEW QUESTION: 8

Which of the following is an essential amino acid?

- A. Tyrosine
- B. Glutamine
- C. Lysine

D. Glycine

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 9

You are instructing a female soccer player on the deadlift. Correct technique for lifting a bar off of the floor would include all of the following EXCEPT?

- A. Lift the bar up to your chest before standing
- B. Weight evenly dispersed between the feet
- C. Keep the back flat
- D. Keep the bar close to the body

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 10

A softball player was lifting 67% of her back squat 1RM; this load would typically allow her to perform how many repetitions?

- A. 12
- B. 10
- C. 6
- D. 8

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 11

A muscle fiber that is small in diameter has a slow contraction speed, and a high capillary density would be classified as?

- A. Type IIa
- B. Type I
- C. Type IIc
- D. Type IIb

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 12

Which of the following occurs in the biceps brachii during the concentric muscle action of a dumbbell curl exercise?

- A. Chloride ions are released inside the sarcomere
- B. Each individual sarcomere is stimulated by an alpha motor neuron
- C. The myosin cross bridge heads attach to the actin filaments
- D. The H zone increases as the Z lines are pulled away from each other

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 13

You are instructing a female volleyball player on the Two Arm Kettlebell swing. At what level should she forcefully swing the kettlebell to?

- A. Full arm extension above the cranium
- B. Umbilicus
- C. Eye
- D. Nipple

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 14

A soccer player sprained his left MCL 6 days ago, what stage of the tissue healing is he most likely in?

- A. Inflammation Phase
- B. Repair Phase
- C. Remodeling Phase
- D. Regeneration Phase

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 15

Compared to a cross country skier, a basketball player would have a higher percentage of which of the following?

- A. Type I Muscle Fibers
- B. Type II Muscle Fibers
- C. Myoglobin Content
- D. Capillary Density

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 16

Children improve their performance in skills that require agility, strength, and power when which of the following body systems develops?

- A. Cardiovascular System
- B. Nervous System
- C. Lymphatic System
- D. Integumentary System

Answer: B ([LEAVE A REPLY](#))

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NEW QUESTION: 17

What does it mean if your entire work site has been given a prohibition notice?

- A. You need to see your supervisor before starting any work
- B. All tools and machinery are off limits but other work can be done
- C. All work must be stopped
- D. Only supervisors can work

Answer: C ([LEAVE A REPLY](#))

Explanation/Reference:

NEW QUESTION: 18

You are watching a video of a sprinter at maximum velocity, during the early flight phase which of the following decelerates backward rotation of the thigh?

- A. Concentric Hip Flexion
- B. Eccentric Knee Flexion
- C. Eccentric Hip Flexion
- D. Concentric Knee Extension

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 19

The phosphagen energy system would primarily supply ATP for which of the following activities?

- A. Marathon
- B. 400-m dash
- C. 100-m dash
- D. 1600 meters

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 20

When passing a basketball which muscles act as the agonist and antagonist?

- A. Agonist: Triceps, Antagonist: Biceps
- B. Agonist: Triceps, Antagonist: Infraspinatus
- C. Agonist: Biceps, Antagonist: Triceps
- D. Agonist: Infraspinatus, Antagonist: Triceps

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 21

All of the following athletes should time food consumption as close as 30 minutes prior to competition

EXCEPT?

- A. Athletes that have a tendency to feel shaky or weak
- B. Athletes who feel hungry during the event
- C. Athletes who participate in an aerobic endurance event
- D. Athletes who feel nauseated before competition

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 22

When punting a football, the punter's leg is stretched just prior to making contact with the football. Which of the following structures detects and responds to that stretch by reflexively increasing muscle activity?

- A. Muscle spindle
- B. Pacinian corpuscle
- C. Extrafusal muscle
- D. Golgi tendon organ

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 23

When administering a battery of tests to a high school quarterback, which of the following sequences will produce the most reliable results?

- A. 1RM Power Clean, 1 RM Bench Press, 300 yard shuttle, T-Test
- B. 1RM Bench Press, 1RM Power Clean, T-Test, 300 yard shuttle
- C. 300 yard shuttle, T-Test, 1RM Bench Press, 1RM Power Clean
- D. T-Test, 1RM Power Clean, 1RM Bench Press, 300 yard shuttle

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 24

Which of the following would be the most valid test for measuring a volleyball player's muscular power?

- A. 100-m Sprint
- B. Vertical Jump
- C. 1 RM Bench Press
- D. 1 mile run

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 25

You are about to conduct a training session for a college 800m runner. During this session the dominant energy system used will depend primarily on which of the following?

- A. Session intensity and athlete's age
- B. Session duration and athlete's age
- C. Session intensity and athlete's training status

D. Session intensity and session duration

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 26

All of the following would be appropriate for the strength/power phase of a periodized training program for a college football offensive lineman EXCEPT?

- A. Seated Shoulder Press with 60% of the 1RM
- B. Barbell Bench Press with 90% of the 1 RM
- C. Barbell Back Squat with 85% of the 1 RM
- D. Plyometric Medicine Ball Drop and Upward throw with a 12 lb. ball

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 27

Is using a trolley considered manual handling?

- A. Yes
- B. No
- C. Yes, only long distances
- D. Yes, only if the load is extremely heavy

Answer: ([SHOW ANSWER](#))

Explanation:

NEW QUESTION: 28

Which of the following exercises trains the antagonists of the muscles trained in this exercise?

- A. Triceps Pushdown
- B. Seated Shoulder Press
- C. One Arm Dumbbell Row
- D. Cable Cross-Over

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 29

A female tennis player has a 145 lb. 1 RM in the bench press. Which of the following loads would allow her to perform 8 repetitions in that exercise?

- A. 120 lbs.
- B. 130 lbs.
- C. 115 lbs.
- D. 125 lbs.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 30

If possible heavy loads should always be:

- A. Carried on your shoulder
- B. Divided into lighter loads
- C. Dragged along the ground
- D. Continue with your job

Answer: B (LEAVE A REPLY)

Explanation/Reference:

NEW QUESTION: 31

It took an American football lineman 14 seconds to complete 10 repetitions of a 102 kg bench press. If the bar had to travel 1.47 meters each repetition, what was the average power output during this set?

- A. 14,694.12 W
- B. 20,991.6 W
- C. 107.1 W
- D. 1,049.58 W

Answer: D (LEAVE A REPLY)

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NEW QUESTION: 32

What would be the primary energy system used for a male athlete running the 400m hurdles in the Olympics?

- A. Oxidative
- B. Fast Glycolysis
- C. Phosphagen and Fast Glycolysis
- D. Phosphagen

Answer: B (LEAVE A REPLY)

NEW QUESTION: 33

Through which valve does blood flow after contraction of the left ventricle?

- A. Pulmonary
- B. Aortic
- C. Tricuspid

D. Mitral

Answer: (SHOW ANSWER)

NEW QUESTION: 34

When should safety helmets be worn on site?

- A. Always
- B. Only when its raining
- C. Only when someone is working above you
- D. Only when it's snowing

Answer: A (LEAVE A REPLY)

Explanation/Reference:

NEW QUESTION: 35

All near misses should be reported:

- A. After your shift has ended
- B. On your next break
- C. As soon as possible
- D. At the end of the week

Answer: C (LEAVE A REPLY)

Explanation:

NEW QUESTION: 36

During a typical electrocardiogram, atrial depolarization is represented by?

- A. P-wave
- B. QRS complex
- C. T-wave
- D. U-wave

Answer: A (LEAVE A REPLY)

NEW QUESTION: 37

Which of the following are necessary for myosin and actin cross bridge interactions?

- A. ATP and Niacin
- B. Calcium and ATP
- C. ATA and Epinephrine
- D. Epinephrine and Calcium

Answer: B (LEAVE A REPLY)

NEW QUESTION: 38

An athlete could benefit from the use of a weight belt during the performance of which of the following sets?

- A. 10 Reps of the Standing Shoulder Press with 75% of the 1 RM

- B. 4 Reps of the Bench Press with 90% of the 1 RM
- C. 4 Reps of the Standing Shoulder Press with 90% of the 1 RM
- D. 10 Reps of the Bench Press with 75% of the 1 RM

Answer: C (LEAVE A REPLY)

NEW QUESTION: 39

An athlete is performing exercises with 50-75% of her 1RM for 3-6 sets of 10-20 repetitions. She is at a time of year when she has no competitions, what phase of her preparatory period is she likely in?

- A. Strength/Power Phase
- B. Strength/Endurance Phase
- C. Hypertrophy/Endurance Phase
- D. Basic Strength Phase

Answer: C (LEAVE A REPLY)

NEW QUESTION: 40

Which of the following is a characteristic of a seated vertical shoulder press machine versus a seated barbell shoulder press?

- A. The machine allows more muscle groups to be trained simultaneously
- B. The machine produces greater simulation of real world activities
- C. Less skill is required to perform the machine exercise
- D. The machine allows more variation in exercise range of motion

Answer: C (LEAVE A REPLY)

NEW QUESTION: 41

All of the following are true regarding dietary supplements EXCEPT?

- A. They do not need to be approved by government agencies to be sold
- B. They may be advertised as food replacements
- C. They may be ineffective
- D. Their safety is not guaranteed

Answer: B (LEAVE A REPLY)

NEW QUESTION: 42

What type of lever occurs at the elbow joint during the performance of this exercise?

- A. Fourth Class
- B. First Class
- C. Second Class
- D. Thirds Class

Answer: B (LEAVE A REPLY)

NEW QUESTION: 43

When an athlete executes the front plank the internal obliques perform what type of muscle action?

- A. Eccentric
- B. Isokinetic
- C. Isometric
- D. Concentric

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 44

When observing the ending position of a stability ball rollout, the strength and conditioning professional would need to correct which of the following?

- A. Hips sagging toward the floor
- B. Top of ball very close to the face
- C. Knee and toes on the floor
- D. Arms parallel to each other

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 45

Which of the following occurs during the acceleration phase of sprinting?

- A. Forward body lean progressively increases
- B. The thigh of the swing leg is perpendicular to the trunk
- C. Stride frequency decreases
- D. Stride length decreases

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 46

Which of the following are tests of maximum muscular power?

- I. Vertical Jump
- II. Margaria-Kalamen Test
- III. 1 RM Back Squat
- IV. 1 RM Power Clean

- A. I, II, IV only
- B. I, IV only
- C. III, IV only
- D. I, II, III only

Answer: ([SHOW ANSWER](#))

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NEW QUESTION: 47

A female collegiate soccer player was administered a battery of tests, and here are the results.

Height: 5'8"

Weight: 137 lbs.

1 RM Bench Press: 110 lbs.

1 RM Squat: 155 lbs.

Vertical Jump: 18 inches

T-Test: 10.6 seconds

V02 Max: 33 ml/kg/min

Which of the following needs improvement?

- A. Agility
- B. Aerobic Capacity
- C. Upper Body Strength
- D. Muscular Power

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 48

A 275 lb. tight end has a 4500 daily kilocalorie intake, and would like carbohydrates to represent 60% of this total. How many grams of carbohydrate must he consume per day?

- A. 675 g
- B. 300 g
- C. 2700 g
- D. 975 g

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 49

You observe an athlete performing 10 repetitions of an exercise, based on the number of repetitions performed this athlete is most likely trying to increase?

- A. Muscle endurance
- B. Muscle hypertrophy
- C. Muscle strength
- D. Muscle power

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 50

If it takes 30 seconds to lift a 100 kg barbell 2 m for 6 repetitions, what is the power output?

- A. 40 W
- B. 392 W
- C. 36 W
- D. 36,000 W

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 51

A 6'4" 340 lb. professional football player desires to lose weight to improve his quickness and agility. His current 7800 kcal/day diet consists of 26% fat, 20% protein, and 54% carbohydrate. Which of the following should be his first nutritional priority?

- A. Decrease fat
- B. Decrease kcals
- C. Increase Protein
- D. Increase Carbohydrates

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 52

A spotter is required for?

- A. Power Clean
- B. Flat Bench Press (Smith Machine)
- C. Flat barbell bench
- D. Good Morning

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 53

A basketball player is training for muscular hypertrophy, which of the following load and repetition combinations is the MOST appropriate?

Load (% 1RM) Goal Repetitions

- A. 87-93 3-5
- B. 75-80 8-10
- C. 65-67 12-15
- D. 87-90 6-8

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 54

In order to achieve high stride frequency and optimal stride length and athlete should do all of the following EXCEPT?

- A. Maximize the vertical impulse and horizontal braking forces
- B. Maximize the backward velocity of the lower leg and foot at ground contact
- C. Develop eccentric knee flexion strength to improve leg recovery mechanics

D. Emphasize brief ground support time

Answer: A (LEAVE A REPLY)

NEW QUESTION: 55

Which of the following is the least likely to invoke the stretch reflex by avoiding stimulation of the muscle spindles?

A. Rapid Stretch

B. Dynamic Stretch

C. Static Stretch

D. Ballistic Stretch

Answer: C (LEAVE A REPLY)

NEW QUESTION: 56

Which of the following would cause a trial of the Star Excursion Balance Test to be discarded?

I. Athlete remains facing in the beginning direction

II. Athlete maintains start and return position for 1 second

III. Athlete rests 30 seconds between reaches

IV. Athlete does not touch the line

A. II, III, IV only

B. I, II, IV only

C. II, IV only

D. III, IV only

Answer: D (LEAVE A REPLY)

NEW QUESTION: 57

Which of the following represents a physiological role of Growth Hormone?

A. Increases glucose utilization

B. Increases glycogen synthesis

C. Increases retention of potassium

D. Decreases retention of sodium

Answer: C (LEAVE A REPLY)

NEW QUESTION: 58

Which of the following has the fastest rate of ATP production?

A. Oxidation of Fats

B. Slow Glycolysis

C. Oxidation of Proteins

D. Oxidation of Carbohydrates

Answer: B (LEAVE A REPLY)

NEW QUESTION: 59

An 18 year old college running back scrapes his shin while performing deadlifts and begins to bleed.

Which of the following is the IMMEDIATE responsibility of the facility supervisor?

- A. Call 911
- B. Compress the injured area to stop the bleeding
- C. Wash and apply a triple antibiotic ointment to the injured area
- D. Contact the Strength and Conditioning Director

Answer: B (LEAVE A REPLY)

NEW QUESTION: 60

An athlete is performing a seated dumbbell shoulder press. During the concentric muscle action which of the following structures of a deltoid sarcomere will shorten?

- A. Z-Line
- B. H-Zone
- C. A-Band
- D. M-Line

Answer: B (LEAVE A REPLY)

NEW QUESTION: 61

Which of the following would NOT be considered an open kinetic chain exercise?

- A. Leg extension
- B. Bench press
- C. Hip Abduction
- D. Front Squat

Answer: D (LEAVE A REPLY)

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NEW QUESTION: 62

A male athlete fatigues during the running of a marathon and must pull out of the race, which is the most probable factor that limited his performance in the race.

- A. Low pH
- B. Depleted muscle glycogen

- C. Depleted creatine phosphate
- D. Depleted fat stores

Answer: B (LEAVE A REPLY)

NEW QUESTION: 63

All of the following are principles of training to increase bone strength EXCEPT?

- A. Magnitude of load
- B. Direction of load
- C. Rate of load
- D. Type of load

Answer: (SHOW ANSWER)

NEW QUESTION: 64

Which of the following muscles would be MOST affected by inactivity?

- A. Pectoralis Major
- B. Rectus Femoris
- C. Triceps Brachii
- D. Gluteus Maximus

Answer: D (LEAVE A REPLY)

NEW QUESTION: 65

Which of the following occurs in the sarcomeres of the gastrocnemius muscle during the upward movement phase of a standing calf (heel) raise?

- A. The H-Zone Lengthens
- B. The Z-Line Shortens
- C. The I-Band Shortens
- D. The A-Band Lengthens

Answer: C (LEAVE A REPLY)

NEW QUESTION: 66

The greatest muscle force in the biceps brachii can be generated during which of the following actions?

- A. Slowly lowering the barbell during a biceps curl with a load that is greater than the 1 RM
- B. Slowly performing a concentric muscle action during a biceps curl
- C. Rapidly performing a concentric muscle action during a biceps curl
- D. Isometrically holding the barbell perpendicular to the floor during a biceps curl exercise

Answer: (SHOW ANSWER)

NEW QUESTION: 67

Why should you keep your work area clean and tidy?

- A. To make your supervisor happy

- B. To avoid a huge clean up at the end of the week
- C. To prevent slips, trips and falls
- D. To keep track of your tools and equipment

Answer: C ([LEAVE A REPLY](#))

Explanation/Reference:

NEW QUESTION: 68

What is the age-predicted maximum heart rate of a 50 year old male who is 6 foot tall and weighs 180 lbs with a resting heart rate of 70 beats per min?

- A. 100
- B. 110
- C. 180
- D. 170

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 69

You suspect a 15 year old female gymnast has an eating disorder, when trying to help, all of the following should be avoided EXCEPT?

- A. Tell her that she looks fine
- B. Monitor her food intake
- C. Refer her to the team physician
- D. Give her nutritional information

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 70

Which of the following is the aim of using chains when performing the back barbell squat?

- A. Reduce resistance at the bottom of the squatting motion and increase resistance as the athlete ascends from the bottom position
- B. Reduce resistance at the bottom of the squatting motion and reduce resistance as the athlete ascends from the bottom position
- C. Increase resistance at the bottom of the squatting motion and reduce resistance as the athlete ascends from the bottom position
- D. Increase resistance at the bottom of the squatting motion and increase resistance as the athlete ascends from the bottom position

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 71

When performing the tire flip, an athlete strikes the tire with his leg when the tire is halfway vertical, at this point the strength and conditioning professional would instruct the athlete to take which of the following grips on the tire?

- A. Neutral

- B. Supinated
- C. Alternated
- D. Pronated

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 72

When changing direction in response to movements by a wide receiver a defensive back is instructed to focus on which of the following body parts of the wide receiver?

- A. Legs
- B. Head
- C. Hips
- D. Arms

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 73

A college football player decides to add 30 minutes of intense stationary cycling every other day to his current resistance training program. Which of the following best describes the effect the stationary cycling will have on his performance?

- A. No effect on strength gains
- B. Strength gains compromised
- C. Number of muscle fibers increased
- D. Strength gains enhanced

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 74

Which of the following goal repetitions, sets, and rest periods MOST effectively promotes muscular strength?

Goal Repetitions Sets Rest Periods

- A. 5 3 4 minutes
- B. 8 2 1 minute
- C. 5 4 1 minute
- D. 8 4 1 minute

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 75

A high school wrestler is entering the pre-season. Which of the following training goals holds the lowest priority?

- A. Increasing muscle strength
- B. Improving technical skill
- C. Increasing aerobic endurance
- D. Increasing joint flexibility

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 76

A 10 km runner is using interval training to improve his speed. Which of the following describes this type of training?

- I. Intensity close to VO₂max
- II. Work bout duration 30-90 seconds
- III. Frequency 1-2 times per week
- IV. Work: Rest Ratio 1:1

- A. I, III only
- B. I and II only
- C. I, II, III only
- D. I, III, IV only

Answer: ([SHOW ANSWER](#))

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NEW QUESTION: 77

The reflexive component of plyometric exercise is primarily initiated by?

- A. Extrafusal Muscle Fiber
- B. Pacinian Corpuscle
- C. Golgi Tendon Organ
- D. Muscle Spindle

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 78

A core exercise that emphasizes loading of the spine directly or indirectly is known as?

- A. Assistance exercise
- B. Sport Specific exercise
- C. Structural exercise
- D. Functional exercise

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 79

Athletes weighing over 220 lbs should not perform depth jumps from heights greater than

- A. 6 inches
- B. 10 inches
- C. 18 inches
- D. 42 inches

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 80

Which of the following should you recommend if an athlete's goal is to rapidly replenish glucose and glycogen after a workout?

- A. High Omega-6 food
- B. Low-GI food
- C. Low Omega-3 food
- D. High-GI food

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 81

Following a football practice session, the strength and conditioning coach determines a LEAST effective to use?

- A. Duration of the practice
- B. Temperature and Humidity of the practice
- C. The intensity of the practice
- D. The athlete's thirst

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 82

Which of the following would disqualify an athlete during the administration of a T-Test?

- A. The athlete keeps her head forward the entire time
- B. The athlete touches a cone with her hand
- C. The athlete crosses her feet
- D. The athlete shuffles her feet

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 83

A collegiate softball player trains her back and biceps one day and her chest and triceps the next day.

What type of training program is she utilizing?

- A. Cross training
- B. Power routine
- C. Split routine
- D. Circuit training

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 84

What portion of total fat calorie intake should consist of saturated fats?

- A. 100%
- B. 40%
- C. 10% or less
- D. More than 50%

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 85

As a strength and conditioning professional you should be aware that female basketball players are six times more likely than males to injure what body part?

- A. Achilles tendon
- B. Rotator cuff
- C. PCL
- D. ACL

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 86

What type of lever occurs when the muscle force and the resistive force act on the same side of the fulcrum, and the muscle force acts through a moment arm shorter than through which the resistive force acts?

- A. Fourth Class
- B. Second Class
- C. Third Class
- D. First Class

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 87

You are setting up a series of plyometric drill for the women's basketball team, which of the following surfaces is best suited for this type of training?

- A. Suspended Wood Floor
- B. Concrete
- C. Tile
- D. Astro Turf

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 88

A countermovement prior to jumping as far as possible consists of what type of muscle action?

- A. Eccentric
- B. Isokinetic
- C. Isometric
- D. Concentric

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 89

Which of the following exercises is the most sport specific for a high school tennis player?

- A. Lat Pulldown
- B. Bent-Over Lateral Raise
- C. Upright row
- D. Overhead Triceps Extension

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 90

The barbell biceps curl would be classified as what type of exercise?

- A. Core exercise
- B. Multi-joint exercise
- C. Assistance exercise
- D. Sport Specific exercise

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 91

Slow-twitch muscle fibers have which of the following characteristics?

- A. High fatigue resistance
- B. Large motor neuron size
- C. High force production
- D. High contraction speed

Answer: A ([LEAVE A REPLY](#))

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NEW QUESTION: 92

A professional baseball player would like to train a 6RM load in the bench press with the addition of chains. Presently the athlete's 6 RM is 200 lbs. How much weight should be placed on the barbell if the athlete applies a 24.4 lb. chain?

- A. 195 lbs.
- B. 178 lbs.
- C. 175 lbs.
- D. 188 lbs.

Answer: D (LEAVE A REPLY)

NEW QUESTION: 93

A male cross country runner is working on improving his upper body muscular endurance, which of the following number of sets of a given exercise would help maximize his goal?

- A. 1
- B. 5
- C. 3
- D. 6

Answer: C (LEAVE A REPLY)

NEW QUESTION: 94

Collagen fiber production, decreased collagen fiber organization, and decreased number of inflammatory cells describe events that occur during what phase of tissue healing?

- A. Remodeling
- B. Inflammation
- C. Regenerating
- D. Repair

Answer: D (LEAVE A REPLY)

NEW QUESTION: 95

When performing the pro agility test the athlete initially sprints 5 yards to the line on the left. Which of the following maneuvers occurs next?

- A. Sprints 10 yards forward
- B. Springs 5 yards forward
- C. Sprints 5 yards to the right
- D. Sprints 10 yards to the right

Answer: D (LEAVE A REPLY)

NEW QUESTION: 96

To lift a load from the floor you should stand with your:

- A. Knees straight and feet together
- B. Feet as wide as possible
- C. Knees straight and back bent

D. Feet slightly apart and knees bent

Answer: D ([LEAVE A REPLY](#))

Explanation/Reference:

NEW QUESTION: 97

Which of the following goal repetitions and rest periods would BEST promote muscular hypertrophy?

- A. 5 repetitions and 3 minute rest periods
- B. 10 repetitions and 1 minute rest periods
- C. 5 repetitions and 1 minute rest periods
- D. 8 repetitions and 3 minute rest periods

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 98

When applying resistance bands to the barbell bench press, where is the highest resistance encountered?

- A. At the bottom of the pressing movement
- B. Slightly after the mid-range of the pressing movement
- C. At the top of the pressing movement
- D. Slightly before the mid-range of the pressing movement

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 99

What is the BEST recommendation for how far from a competition should an athlete begin carbohydrate loading?

- A. 24 hours
- B. 1 week
- C. 3 days
- D. 7 days

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 100

Having a high concentration of Type II muscle fibers would be most beneficial to an athlete participating in which of the following sports?

- A. Marathon
- B. Distance Cycling
- C. Cross Country Skiing
- D. Tennis

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 101

In an athlete suspected of having an eating disorder, which of the following warning signs can be used to differentiate bulimia nervosa from anorexia nervosa?

- A. Excessive exercise
- B. Complaining of constipation
- C. Repeatedly disappearing right after eating
- D. Criticism of one's body

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 102

You have been approached by administration to begin planning for a new strength and conditioning facility on the college campus and begin conducting a feasibility study, this would occur during which phase of new facility design?

- A. Construction
- B. Predesign
- C. Design
- D. Preoperation

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 103

With regards to muscle fibers, a resistance training program leads to which of the following adaptations?

- A. Decreased Myofibrillar Volume
- B. Increased Capillary Density
- C. Increased Mitochondrial density
- D. Increased Myosin Heavy Chain Protein

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 104

Unilateral training methods may be beneficial for which of the following individuals?

- I. Trained
 - II. Strong
 - III. Weak
 - IV. Injured
 - V. Untrained
- A. III, IV, V only
 - B. III, V only
 - C. I, II only
 - D. I, II, IV only

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 105

When looking at the result from the baseball team's 1 RM back squat testing, the strength and conditioning coach notices that 3 results are significantly lower than the rest, while the remaining scores are fairly similar. Which of the following measures of central tendency is most appropriate for these results?

- A. Mean
- B. Median
- C. Mode
- D. Standard Deviation

Answer: B (LEAVE A REPLY)

NEW QUESTION: 106

An athlete is performing the standing military press exercise with 75% of his 1 RM. How many repetitions can typically be performed with this load?

- A. 10
- B. 5
- C. 15
- D. 7

Answer: A (LEAVE A REPLY)

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NEW QUESTION: 107

Wearing a back support means:

- A. You can lift a heavier load
- B. You will not be injured by lifting heavy loads
- C. You are just as likely to have an injury
- D. You can use improper lifting techniques

Answer: C (LEAVE A REPLY)

Explanation/Reference:

NEW QUESTION: 108

Which of the following types of activity would not be recommended during the inflammatory phase of an ankle sprain?

- A. Hip flexor stretching

- B. Ice applied to the ankle
- C. Depth jumps
- D. Upper extremity ergometry

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 109

Which of the following program design variables leads to the HIGHEST serum growth hormone concentrations after an anaerobic training session?

- A. Performing an exercise at a 5RM intensity with a 3 minute rest between sets
- B. Performing an exercise at a 10RM intensity with a 1 minute rest between sets
- C. Performing an exercise at a 5RM intensity with a 1 minute rest between sets
- D. Performing an exercise at a 10RM intensity with a 3 minute rest between sets

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 110

The highest composition of Type I muscle fibers would typically be found in which of the following muscles?

- A. Rectus Femoris
- B. Gastrocnemius
- C. Erector Spinae
- D. Pectoralis Major

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 111

The degradation of one blood glucose molecule via the oxidative energy system produces approximately how many ATP?

- A. 38
- B. 42
- C. 41
- D. 35

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 112

Which of the following is warning sign for Anorexia Nervosa?

- A. Disappearing after eating
- B. Disappearance of large amounts of food
- C. Increased time spent exercising
- D. Preoccupation with calories

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 113

Which of the following reflects the pressure exerted against the arterial walls when no blood is being forcefully ejected by the ventricles of the heart?

- A. Stroke Volume
- B. Diastolic Blood Pressure
- C. Systolic Blood Pressure
- D. Rate Pressure Product

Answer: B (LEAVE A REPLY)

NEW QUESTION: 114

Which of the following exercise does NOT require concentric activation of the brachialis?

- A. Biceps curl
- B. Lat pulldown
- C. Wrist curl
- D. Hammer curl

Answer: C (LEAVE A REPLY)

NEW QUESTION: 115

How does the patella increase the mechanical advantage of the quadriceps muscle group?

- A. It provides another surface for the quadriceps tendon to exert force
- B. It increases the area in which the quadriceps tendon exerts force
- C. It increases the length of the quadriceps tendon
- D. It maintains the moment arm through which the quadriceps tendon exerts force

Answer: (SHOW ANSWER)

NEW QUESTION: 116

During the catch phase of the log clean and press, where is the athlete instructed to rack the log?

- A. Across the clavicles and anterior deltoids
- B. Overhead in slight elbow flexion
- C. Overhead in full elbow extension
- D. Across the mid-biceps brachii

Answer: A (LEAVE A REPLY)

NEW QUESTION: 117

Which of the following muscles help expand the lungs by elevating the rib cage?

- A. External intercostals
- B. Internal intercostals
- C. External obliques
- D. Internal obliques

Answer: A (LEAVE A REPLY)

NEW QUESTION: 118

The normal lumbar spine has what kind of curvature?

- A. Lordotic
- B. Ventral
- C. Scoliotic
- D. Kyphotic

Answer: (SHOW ANSWER)

NEW QUESTION: 119

All of the following physiological changes occur with aerobic endurance training EXCEPT?

- A. Increased capillary density
- B. Increased muscle strength
- C. Increased mitochondrial density
- D. Increased aerobic power

Answer: (SHOW ANSWER)

NEW QUESTION: 120

If you have suffered from back injuries in the past and your new job requires manual handling what should you do?

- A. Carry on and if you get injured again tell your supervisor
- B. Pretend there's no problem because you need this job
- C. Always ask a colleague for help with all loads
- D. Inform your supervisor of your previous injury before starting

Answer: D (LEAVE A REPLY)

Explanation/Reference:

NEW QUESTION: 121

During a field goal attempt, the kicker blocks out the crowd noise and the opposing players to focus specifically on the task at hand, this is referred to as?

- A. The Zone
- B. Psychic energy
- C. Selective attention
- D. Arousal

Answer: C (LEAVE A REPLY)

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NEW QUESTION: 122

When utilizing a spotter for this exercise, which of the following identifies the position for the spotter to place their hands in order to reduce the potential for injuries to the athlete?

- A. On the athlete's elbows
- B. On the athlete's wrists
- C. On the athlete's shoulders
- D. On the athlete's upper arms

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 123

Which of the following represents the most important goal for achieving weight loss?

- A. Engaging in intense aerobic activity
- B. Achieving a negative caloric balance
- C. Spreading meals throughout the day
- D. Decreasing fat consumption, while increasing protein consumption

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 124

During the upward movement phase of a barbell bench press, which of the following muscles acts as an antagonist?

- A. Serratus Anterior
- B. Deltoid
- C. Pectoralis Major
- D. Biceps Brachii

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 125

Muscle uptake of creatine can be enhanced by pairing it with which of the following?

- A. Proteins
- B. Fats
- C. Oils
- D. Carbohydrates

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 126

For increased safety and stability in the strength and conditioning facility, which of the following pieces of equipment should be bolted to the floor?

- A. Incline Bench Press

- B. Dumbbell Racks
- C. Weight Trees
- D. Squat Racks

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 127

How many thoracic vertebrae are in the human body?

- A. 12
- B. 5
- C. 10
- D. 7

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 128

Creatine supplementation would be MOST beneficial to performance in which of the following swimming events?

- A. 50m freestyle
- B. 400m individual medley
- C. 10km freestyle
- D. 200m Backstroke

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 129

A college football nose guard is 188 cm tall and weighs 135 kg. How would this athlete be classified using BMI?

- A. Overweight
- B. Obese
- C. Normal
- D. Extreme Obesity

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 130

ATP used during the 400-m dash would be primarily supplied from what energy system?

- A. Phosphagen
- B. Fast glycolysis
- C. Oxidative
- D. Slow glycolysis

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 131

Which of the following activities would be classified as bodyweight training?

- I. Gymnastics
 - II. Sit-Ups
 - III. Tire Flip
 - IV. Yoga
- A. II, III, and IV only
 - B. II and III only
 - C. I and II only
 - D. I, II, and IV only

Answer: D (LEAVE A REPLY)

NEW QUESTION: 132

Which of the following reasons BEST explains why this exercise should not be utilized for 1 RM testing?

- A. The elbow flexors are a small muscle group
- B. Valid and reliable results cannot be obtained
- C. Only one muscle group is involved
- D. The exercise is a single-joint exercise

Answer: B (LEAVE A REPLY)

NEW QUESTION: 133

Which of the following can be utilized to reduce the risk of overuse injuries in youth athletes?

- I. Have them evaluated by a sports medicine physician prior to participating
 - II. Encourage them to participate in a single sport
 - III. Encourage them to participate in physical activity only during the sport season
 - IV. Monitor their nutritional status to ensure their diets are adequate
- A. I, II, IV only
 - B. I, III only
 - C. I, III, IV only
 - D. I, IV only

Answer: D (LEAVE A REPLY)

NEW QUESTION: 134

Which of the following is a technique error during the performance of the upward movement phase of the step up that needs correcting?

- A. Pushed off with the trailing leg
- B. Torso kept erect
- C. At highest position paused before beginning the downward phase
- D. Entire foot of the lead leg placed on the box

Answer: A (LEAVE A REPLY)

NEW QUESTION: 135

When are instability devices best utilized for core training?

- A. With trained athletes to rehabilitate from injury
- B. With trained athletes to maximize force production
- C. With trained athletes to maximize rate of force production
- D. With trained athletes to maximize movement velocity

Answer: A (LEAVE A REPLY)

NEW QUESTION: 136

A golfer would like to incorporate PNF stretching into his program to improve his flexibility, and asks you what the most effective PNF stretching technique is?

- A. Hold-Relax with Agonist Contraction
- B. Hold-Relax with Antagonist Contraction
- C. Contract-Relax
- D. Hold-Relax

Answer: A (LEAVE A REPLY)

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NEW QUESTION: 137

All of the following are components of the stretch-shortening cycle EXCEPT

- A. Isometric
- B. Eccentric
- C. Concentric
- D. Amortization

Answer: (SHOW ANSWER)

NEW QUESTION: 138

During freestyle swimming, which of the following muscles acts as a synergist to the deltoid with regards to upper arm movement?

- A. Sartorius
- B. Brachioradialis
- C. Infraspinatus

D. Gracilis

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 139

Which of the following is classified as a disaccharide?

- A. Starch
- B. Lactose
- C. Fiber
- D. Glycogen

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 140

A 64 190 1b Division I basketball player is 21 years old and has the following test results.

1 RM Bench Press: 230 lbs.

1 RM Squat: 280 lbs.

1 RM Power Clean: 180 lbs.

T-Test: 8.8 seconds

Which of the following needs improvement?

- A. Upper Body Strength
- B. Agility
- C. Power
- D. Lower Body Strength

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 141

Adaptations to aerobic endurance training include all of the following EXCEPT?

- A. Increased blood lactate concentrations
- B. Increased respiratory capacity
- C. Increase mitochondrial density
- D. Increased capillary density

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 142

Which of the following is a technique error that should be corrected when sprinting?

- A. 90 knee angle of front leg during the start
- B. Eyes focused ahead during maximum velocity
- C. Arms at shoulder width during the start
- D. Eyes focused ahead during the start

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 143

The minimum landing surface dimensions for a plyometric box is

- A. 18 x 24 inches
- B. 10 x 12 inches
- C. 24 x 32 inches
- D. 16 x 18 inches

Answer: A (LEAVE A REPLY)

NEW QUESTION: 144

During the downward movement phase of this exercise, which of the following substitution patterns may be present when the triceps brachii fatigues?

- A. Shoulder Extension
- B. Shoulder Flexion
- C. Wrist extension
- D. Shoulder Abduction

Answer: A (LEAVE A REPLY)

NEW QUESTION: 145

What percentage of the 1RM allows an athlete to perform 6 repetitions of a given exercise?

- A. 70
- B. 95
- C. 85
- D. 75

Answer: C (LEAVE A REPLY)

NEW QUESTION: 146

Which of the following knee movements and planes of action are associated with the lying hamstring curl exercise?

- A. Flexion, frontal plane
- B. Extension, frontal plane
- C. Flexion, sagittal plane
- D. Extension, sagittal plane

Answer: C (LEAVE A REPLY)

NEW QUESTION: 147

A 24 year old professional male tennis player was administered a battery of tests and had the following results.

1 RM Bench Press: 220 lbs.

1 RM Squat: 265 lbs.

T-Test: 9.2 seconds

1 .5 Mile Run: 15:53

Sit and Reach: 20.5 inches

His strength and conditioning program should focus on improving which of the following?

- A. Flexibility
- B. Muscular Strength
- C. Aerobic Endurance
- D. Agility

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 148

Why should you attend a site induction?

- A. You will receive a permit to work
- B. You will receive risk assessments
- C. To meet other new workers
- D. Health and safety rules for the site will be explained

Answer: ([SHOW ANSWER](#))

Explanation/Reference:

NEW QUESTION: 149

During the competitive season the men's soccer team has limited training time, which of the following arrangement of exercises minimizes the length of rest periods and decreases overall training time?

- A. Bench Press, Deadlift, Leg Curl, Dumbbell Shoulder Press
- B. Bench Press, Dumbbell Shoulder Press, Leg Curl, Deadlift
- C. Deadlift, Bench Press, Dumbbell Shoulder Press, Leg Curl
- D. Deadlift, Dumbbell Shoulder Press, Leg Curl, Bench Press

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 150

Which of the following mineral deficiencies is relatively common in women and adolescents?

- A. Iron
- B. Magnesium
- C. Copper
- D. Zinc

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 151

Of the following back postures during lifting, which has been found to be the best at avoiding injury?

- A. Kyphotic
- B. Rounded
- C. Scoliotic

D. Slightly Arched

Answer: D (LEAVE A REPLY)

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NEW QUESTION: 152

Which of the following are benefits of bodyweight training?

- I. Develops absolute strength
- II. Often includes open chain based exercises
- III. Is specific to each individuals anthropometrics
- IV. Improves body control

- A. I and II only
- B. II, III, IV only
- C. III and IV only
- D. I, III, IV only

Answer: C (LEAVE A REPLY)

NEW QUESTION: 153

A 37 year old male marathon runner has been competing competitively for 10 years. with this type of training?

- A. Increased systolic blood pressure from increased heart rate
- B. Increased maximal cardiac output from increased stroke volume
- C. Increased maximal cardiac output from increased heart rate
- D. Increased diastolic blood pressure from increased stroke volume

Answer: B (LEAVE A REPLY)

NEW QUESTION: 154

Which of the following guidelines should be followed when designing a strength training and conditioning facility?

- I. An unobstructed pathway of 24 inches should be should be maintained in the facility at all times.
- II. Mirrors should be placed a minimum of 2 inches above the floor
- III. Barbells should be placed a minimum of 36 inches between bar ends
- IV. Drinking fountains should be placed close to entrances

- A. I, II, III only
- B. I, III, IV only
- C. III, IV only
- D. I, III only

Answer: C (LEAVE A REPLY)

NEW QUESTION: 155

You have decided to include tire flips as part of the offseason conditioning program for the offensive lineman on the college football team. All of the following are true with regards to tire selection and exercise setup EXCEPT?

- A. The exercise surface should be hard
- B. Tires with good tread are easier to grip
- C. The exercise surface should allow good traction of
- D. The tire should not be shorter than the athlete

Answer: D (LEAVE A REPLY)

NEW QUESTION: 156

Which of the following has the greatest impact on a wide receiver's maximum velocity during the 40 yard dash?

- A. Reaction time
- B. Leg length
- C. Stride length
- D. Stride frequency

Answer: D (LEAVE A REPLY)

NEW QUESTION: 157

Which of the following refers to the number of training sessions completed in a given time period?

- A. Training intensity
- B. Training volume
- C. Training frequency
- D. Training load

Answer: C (LEAVE A REPLY)

NEW QUESTION: 158

As the moment arm of the applied force lengthens, which of the following describes the resultant effect on mechanical advantage?

- A. It increases
- B. There is no change
- C. There is not enough information
- D. It decreases

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 159

All of the following tests would have good predictive validity for a potential soccer player EXCEPT?

- A. Sprinting speed
- B. Kicking power
- C. Muscular strength of the arms
- D. Agility

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 160

What stage of sprinting consists of eccentric hip flexion, concentric knee extension and concentric plantar flexion?

- A. Late support
- B. Early flight
- C. Mid flight
- D. Early support

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 161

An athlete should employ arousal control techniques in all of the following scenarios EXCEPT?

- A. In order to enhance arousal when performing a complex skill
- B. In order to enhance arousal when executing simple skills
- C. In order to enhance arousal when executing a well learned skill
- D. In order to reduce arousal when performing a new skill

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 162

A 20 year old collegiate female tennis player had the following test results.

Height: 5'8"

Weight: 126 lbs.

1 RM Bench Press: 110 lbs.

1 RM Squat: 120 lbs.

Vertical Jump: 19 inches

T-Test: 10.9 seconds

1 .5 Mile Run: 14:20

Sit and Reach: 16.5 inches

Which of the following exercises would be MOST beneficial to add to her training program?

- A. Dumbbell Bench Press and Power Clean

- B. Back Barbell Squat and Contract Relax PNF Stretching of her Hamstrings
- C. Power Clean and Contract Relax PNF Stretching of her Hamstrings
- D. Back Barbell Squat and a 45 minute interval run with a work rest ratio of 1:1

Answer: B (LEAVE A REPLY)

NEW QUESTION: 163

Which of the following is a side effect associated with caffeine?

- A. Hallucinations
- B. Increased Urine Output
- C. Lethargy
- D. Bradycardia

Answer: B (LEAVE A REPLY)

NEW QUESTION: 164

Which of the following is the suggested volume for a basketball player beginning a lower body plyometric training program?

- A. 40-60 contacts per session
- B. 80-100 contacts per session
- C. 40-60 throws per session
- D. 100-120 contacts per session

Answer: B (LEAVE A REPLY)

NEW QUESTION: 165

Contracting the hamstrings muscle group while it is passively being stretched stimulates the Golgi Tendon

Organ and allows which of the following?

- A. Relaxation of the hamstrings by contraction of the hamstrings
- B. Relaxation of the hip flexors by contracting the hamstrings
- C. Relaxation of the hamstrings muscle group by relaxing the hip flexors
- D. Relaxation of the hip flexors by the contraction of the hip flexors

Answer: A (LEAVE A REPLY)

NEW QUESTION: 166

Which of the following is a technique error of the lying barbell triceps extension exercise?

- A. Grasp the bar with a closed supinated grip
- B. Keep the upper arms perpendicular to the floor
- C. Keep the upper arms parallel to each other
- D. Keep the wrists stiff

Answer: A (LEAVE A REPLY)

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NEW QUESTION: 167

Which of the following occurs during the T wave of a typical ECG?

- A. Atrial depolarization
- B. Atrial repolarization
- C. Ventricular depolarization
- D. Ventricular repolarization

Answer: D (LEAVE A REPLY)

NEW QUESTION: 168

How would the muscle fiber arrangements of the rectus abdominal muscle be classified?

- A. Longitudinal
- B. Fusiform
- C. Unipennate
- D. Bipennate

Answer: A (LEAVE A REPLY)

NEW QUESTION: 169

Which of the following are the major electrolytes lost in sweat?

- A. Sodium Nitrate and Calcium
- B. Sodium Nitrate and Magnesium
- C. Potassium and Magnesium
- D. Sodium Chloride and Potassium

Answer: (SHOW ANSWER)

NEW QUESTION: 170

Which of the following substrates DO NOT require oxygen in order to be metabolized for energy?

- I. Creatine Phosphate
- II. Triglycerides
- III. Protein
- IV. Blood Glucose

- A. II and IV
- B. I and IV

- C. I and II
- D. II and III

Answer: B (LEAVE A REPLY)

NEW QUESTION: 171

The depletion of which of the following fuel sources may contribute to fatigue in 10 repetitions of the

Power Clean exercise with 60% of the 1 RM?

- A. Creatine Phosphate
- B. Fat Stores
- C. Triglycerides
- D. Liver Glycogen

Answer: A (LEAVE A REPLY)

NEW QUESTION: 172

In order to more readily activate the biceps brachii during the performance of this exercise, the strength and conditioning professional would instruct the athlete to perform which of the following?

- A. Pronate the forearm at the elbow
- B. Supinate the forearm at the elbow
- C. Extend the shoulder
- D. Flex the shoulder

Answer: (SHOW ANSWER)

NEW QUESTION: 173

Using the Karvonen method, what is the target heart rate of a 65 year old male who will be working out at

50-60% of his functional capacity? He is 6 foot tall and weighs 175 lbs with a resting heart rate of 80 beats per min.

- A. 100-110
- B. 148-155
- C. 118-125
- D. 88-95

Answer: C (LEAVE A REPLY)

NEW QUESTION: 174

A 29 year old female who weighs 110 lbs. (50 kg) is set to run a half marathon. Three days prior to her race she will consume a high carbohydrate diet. This carbohydrate loading regimen should consist of approximately how many grams of carbohydrate per day?

- A. 300 grams
- B. 550 grams

C. 750 grams

D. 700 grams

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 175

Acute cardiovascular responses to anaerobic exercise result in all of the following EXCEPT?

A. Increased stroke volume

B. Increased heart rate

C. Increased systolic blood pressure

D. Increased blood flow to resting muscles

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 176

How should your body be positioned when lifting a load?

A. Back bent and knees straight

B. Back bent and feet wide as possible

C. Back straight and feet close together

D. Back straight and knees bent

Answer: D ([LEAVE A REPLY](#))

Explanation/Reference:

NEW QUESTION: 177

During which stage of the General Adaptation Syndrome (GAS) does the body lose its ability to adapt to the stressor?

A. Extinction

B. Exhaustion

C. Alarm

D. Resistance

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 178

A spotter is NOT indicated in which of the following exercises?

A. Snatch

B. Overhead Dumb bell triceps extension

C. Barbell Bench Press

D. Step Up

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 179

Which of the following resistance training program design variables is most associated with elevated cortisol levels?

- A. Small muscle exercises performed at high intensity
- B. Low intensity exercises performed with short rest intervals
- C. Large muscle exercises performed with long rest intervals
- D. High intensity exercises performed with short rest intervals

Answer: D (LEAVE A REPLY)

NEW QUESTION: 180

Which of the following is considered an open kinetic chain exercise?

- A. Leg extension
- B. Push-up
- C. Squat
- D. Lunge

Answer: (SHOW ANSWER)

NEW QUESTION: 181

Which of the following defines momentum?

- A. The relationship between force and time
- B. How fast an object is moving and what direction
- C. Push or a pull exerted on one object by another,
- D. The relationship between the mass of an object and the velocity of movement

Answer: D (LEAVE A REPLY)

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NEW QUESTION: 182

The ideal performance state includes all of the following EXCEPT?

- A. A wide focus of attention
- B. A sense of effortlessness
- C. Absence of fear
- D. A distortion of time and space

Answer: (SHOW ANSWER)

NEW QUESTION: 183

When scheduling training sessions in the strength and conditioning facility, priority is given to which teams?

- A. Women's teams
- B. Those that are in-season
- C. Men's teams
- D. Those that are in the off-season

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 184

Performing a dumbbell bench press on a physio ball leads to which of the following?

- A. Increased core muscle activation, increased force generation by the pectoralis major
- B. Reduced core muscle activation, increased force generation by the pectoralis major
- C. Increased core muscle activation, reduced force generation by the pectoralis major
- D. Reduced core muscle activation, reduced force generation by the pectoralis major

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 185

Does an employee have to pay for his own PPE?

- A. Yes it's your responsibility to protect yourself
- B. No, it's the employer's duty to provide necessary PPE
- C. Yes, if you misplace the one your employer provides
- D. Yes, if the ones given are not comfortable

Answer: B ([LEAVE A REPLY](#))

Explanation/Reference:

NEW QUESTION: 186

When administering the partial curl up test, the strength and conditioning professional should set the metronome to how many beats per minute?

- A. 40
- B. 30
- C. 10
- D. 20

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 187

Which of the following is the primary movement during the catch phase of the power clean?

- A. Hip Flexion
- B. Knee Extension
- C. Shoulder Extension

D. Ankle Plantarflexion

Answer: A (LEAVE A REPLY)

NEW QUESTION: 188

Which of the following represents a correct procedure during the application of the Sitand-Reach-Test?

- A. Reach forward as fast as possible
- B. Use Ballistic stretches to warm up the low back and hamstrings
- C. The tester may hold the athlete's kneed down if necessary
- D. Wear shoes

Answer: C (LEAVE A REPLY)

NEW QUESTION: 189

A junior high soccer player is just beginning a resistance training program, based on his beginner training status, what is the recommended number of resistance training sessions per week he should train?

- A. 5-7
- B. 1-2
- C. 4-5
- D. 2-3

Answer: D (LEAVE A REPLY)

NEW QUESTION: 190

Which of the following has the greatest influence on the energy system used for a given exercise?

- A. Mode
- B. Frequency
- C. Duration
- D. Intensity

Answer: D (LEAVE A REPLY)

NEW QUESTION: 191

An untrained 14 year old male has begun a resistance training program. After training for two and a half weeks his 1 RM bench press has increased 25 lbs., and his 1 RM back barbell squat has increased 45 lbs.

Which of the following is most likely responsible for his improvement?

- A. Increased size of muscle fibers
- B. Increased number of muscle fibers
- C. Increased fat free mass
- D. Improved neuromuscular efficiency

Answer: D (LEAVE A REPLY)

NEW QUESTION: 192

Which of the following would be an appropriate depth jump box height for a male shot

- A. 12 inches
- B. 36 inches
- C. 24 inches
- D. 1 inch

Answer: A (LEAVE A REPLY)

NEW QUESTION: 193

What blood vessel functions to exchange oxygen, fluid, nutrients, electrolytes, hormones, and other substances between the blood and the interstitial fluid in the various tissues of the body?

- A. Capillaries
- B. Veins
- C. Arteries
- D. Venules

Answer: A (LEAVE A REPLY)

NEW QUESTION: 194

What does RPE stand for?

- A. Respiratory protective equipment
- B. Right protective equipment
- C. Regular protective equipment
- D. Respiratory preventative equipment

Answer: A (LEAVE A REPLY)

Explanation/Reference:

NEW QUESTION: 195

Which of the following exercises contains a second class lever?

- A. Lying Hamstring Curl
- B. Triceps Pushdown
- C. Barbell Biceps Curl
- D. Standing Heel Raise

Answer: D (LEAVE A REPLY)

NEW QUESTION: 196

A 64 male has an average daily intake of 2,900 kilocalories. This has allowed him to maintain a weight of

77 kg. He would like to gain an additional 7 kg of muscle. A general guideline would be for him to consume which of the following each day?

- A. 300 additional kilocalories and 124 g of protein
- B. 300 additional kilocalories and 170 g of protein
- C. 500 additional kilocalories and 131 g of protein
- D. 500 additional kilocalories and 92 g of protein

Answer: ([SHOW ANSWER](#))

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NEW QUESTION: 197

Which of the following upper arm muscle groups and types of muscle actions are associated with the standing triceps press down?

Primary Muscle Group Primary Muscle Action

- I. Flexors Eccentric
- II. Flexors Concentric
- III. Extensors Eccentric
- IV. Extensors Concentric

- A. II and III only
- B. III and IV only
- C. I and IV only
- D. I and II only

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 198

A college wrestler would like to decrease his bodyweight by 4.5 kg while maintaining his fat free mass and strength prior to the next season. His current 3,200 kilocalorie diet has allowed him to maintain a weight of

82 kg. In order to achieve his goal which of the following daily guidelines would be MOST appropriate?

- A. Maintain a 1,000 kilocalorie deficit and consume 131 g of protein per day
- B. Maintain a 1,000 kilocalorie deficit and consume 238 g of protein per day
- C. Maintain a 500 kilocalorie deficit and consume 189 g of protein per day
- D. Maintain a 500 kilocalorie deficit and consume 123 g of protein per day

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 199

All of the following are examples of a push and pull arrangement EXCEPT?

- A. Triceps extension, Bench press
- B. Bench press, Lat pulldown
- C. Triceps extension, Biceps curl
- D. Shoulder press, Bent over row

Answer: (SHOW ANSWER)

NEW QUESTION: 200

You will be administering the 300 yard shuttle to the women's soccer team and need to setup the testing area by placing cones for the athletes to run between. How far should these cones be spaced apart?

- A. 100 yards
- B. 75 yards
- C. 25 yards
- D. 50 yards

Answer: C (LEAVE A REPLY)

NEW QUESTION: 201

Which of the following relates to kettlebell training as a strength and conditioning tool?

- I. Kettlebell swings are superior to traditional weightlifting in terms of increasing vertical jump height
- II. Kettlebell training increases muscular strength compared to no training
- III. Kettlebell swings offer the same level of cardiovascular benefit as treadmill training
- IV. Kettlebell goblet squats are inferior to back barbell squats in terms of developing muscular strength

- A. I, II, IV only
- B. II, III, IV only
- C. II, IV only
- D. I, II only

Answer: (SHOW ANSWER)

NEW QUESTION: 202

Which of the following is an exercise used to isolate the core?

- A. Squat
- B. Side Plank
- C. Snatch
- D. Push Press

Answer: B (LEAVE A REPLY)

NEW QUESTION: 203

Which of the following represent a reason for an athlete to reduce dietary fat?

- I. To increase carbohydrate intake to support training type
- II. To improve performance
- III. To reduce caloric intake to achieve weight loss
- IV. To decrease elevated blood cholesterol

- A. II, IV only
- B. I, II, III only
- C. I, IV only
- D. I, III, IV only

Answer: (SHOW ANSWER)

NEW QUESTION: 204

The mechanism of ATP production during an exercise session depends primarily and secondarily on what factors?

Primary Secondary

- A. Exercise Duration Exercise Intensity
- B. Exercise Intensity Exercise Duration
- C. Training Status Exercise Mode
- D. Exercise Mode Training Status

Answer: B (LEAVE A REPLY)

NEW QUESTION: 205

All of the following are important signal mechanisms for IGF release EXCEPT?

- A. Nutritional Status
- B. Insulin Levels
- C. Growth Hormone
- D. Testosterone

Answer: D (LEAVE A REPLY)

NEW QUESTION: 206

All of the following are advantages of weight stack machines EXCEPT?

- A. Safety
- B. Ease of use
- C. Simulation of real life activities
- D. Design flexibility

Answer: C (LEAVE A REPLY)

NEW QUESTION: 207

Which of the following plyometric drills has the LOWEST level of intensity?

- A. Depth Jump

- B. Jump to Box
- C. Split Squat Jump
- D. Single Leg Hop

Answer: B (LEAVE A REPLY)

NEW QUESTION: 208

During medical screening by a physician all of the following might suggest anabolic steroid use EXCEPT?

- A. A new acne problem
- B. HDL Cholesterol level >50 mg/dl
- C. Gynecomastia
- D. Soft and small testes

Answer: B (LEAVE A REPLY)

NEW QUESTION: 209

Which of the following activities occurs primarily in the transverse plane?

- A. setting a volleyball
- B. punting a football
- C. swinging a bat
- D. shooting a basketball

Answer: (SHOW ANSWER)

NEW QUESTION: 210

Which of the following represents a complete protein?

- A. Pinto Beans
- B. Grains
- C. Chicken
- D. Spinach

Answer: (SHOW ANSWER)

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