

# Certified Strength and Conditioning Specialist

1. You are instructing an athlete in the weight room, the correct grip for the hammer curl is?

A. pronated

B. alternating

C. neutral

D. supinated

**Answer(s): C**

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

A. 100-110

B. 148-155

C. 88-95

D. 118-125

**Answer(s): D**

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3. Musculoskeletal adaptations to endurance training include all of the following EXCEPT?

A. Increased capillarization in the muscle bed

B. Decreased mitochondrial density

C. Increased mitochondrial size

D. Increased arteriovenous oxygen difference

**Answer(s): B**

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4. A 92 lb. female gymnast has a daily intake of 2100 kilocalories. 12% of her diet comes from protein. How many grams of protein is she consuming per day?

A. 50

B. 63

C. 73

D. 252

**Answer(s): B**

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5. A volleyball player is performing standing plantar flexion against resistance. Which of the following types of levers occurs at the ball of the foot during this exercise?

A. Second class

B. First class

C. Fourth class

D. Third class

**Answer(s): A**

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

A. Increases glycogen synthesis

B. Increases glucose utilization

C. Decreases retention of sodium

D. Increases retention of potassium

**Answer(s): D**

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7. The normal lumbar spine has what kind of curvature?

A. Ventral

B. Lordotic

C. Scoliotic

D. Kyphotic

**Answer(s): B**

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8. A 175 lb. lacrosse player has an average daily intake of 600 g of carbohydrate, 90 g of protein, and 100 g of fat. What percentage of his total kilocalorie intake is carbohydrate?

A. 67%

B. 76%

C. 10%

D. 23%

**Answer(s): A**

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

A. Remodeling Phase

B. Inflammation Phase

C. Repair Phase

D. Regeneration Phase

**Answer(s): C**

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**10.** All of the following are examples of Anaerobic Power/Maximum Muscular Power (High Speed Strength) tests EXCEPT?

A. Vertical Jump Height

B. Time to sprint up a staircase

C. 1 RM Power Clean

D. 1 RM Bench Press

**Answer(s): D**

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**11.** Correctly applying resistance bands to the back barbell squat achieves which of the following?

A. Greatest Tension during the mid-range of the squat

B. No Tension at the bottom of the squat

C. Tension at bottom of the squat

D. No Tension at the top of the squat

**Answer(s): B**

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**12.** A college football offensive lineman has entered the offseason, and will resume his resistance training program after a period of active rest. What is the recommended frequency of resistance training sessions per week during the offseason?

A. 1-3

B. 3-4

C. 1-2

D. 4-6

**Answer(s): D**

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**13.** A college soccer player who excludes dairy from her diet will have a hard time meeting her nutritional requirements for which of the following nutrients?

A. II, and IV only

B. I, II, IV only

C. II only

D. I and II only

**Answer(s): A**

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

A. 85

B. 95

C. 75

D. 70

**Answer(s): A**

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**15.** During the performance of high intensity anaerobic exercise accumulation of which of the following in working skeletal muscle leads to decreased performance?

A. Creatine Phosphate

B. Calcium Ions

C. ATP

D. Hydrogen Ions

**Answer(s): D**

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**16.** You would like to test a freshmen soccer player's aerobic capacity, which of the following activities would be the best measure?

A. 400 meter dash

B. 100 meter dash

C. 1600 meter dash

D. 200 meter dash

**Answer(s): C**

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**17.** A high school wrestler injured his right shoulder and stopped his training regimen over the last 3 weeks, what has occurred?

A. Cross Training

B. Resistance Training

C. Tapering

D. Detraining

**Answer(s): D**

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**18.** For the second time this week a member of the football team was observed squatting outside the rack. He was reminded of the facility rules and guidelines during the last time?

A. A verbal warning

B. Dismissal from the facility for one day

C. Dismissal from the facility for one week

D. Permanent dismissal from the facility

**Answer(s): B**

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**19.** 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. Dumbbell Racks

B. Incline Bench Press

C. Squat Racks

D. Weight Trees

**Answer(s): C**

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

A. Magnesium

B. Zinc

C. Iron

D. Copper

**Answer(s): C**

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