

# Fitness

## NSCA-CSCS

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# Latest Version: 6.1

## Question: 1

For safety reasons, what should be the minimum width for walkways between equipment?

- A. 36 inches (91 cm)
- B. 60 inches (152 cm)
- C. 48 inches (122 cm)

**Answer: A**

Explanation:

It is important to provide adequate space between lifting areas and equipment to allow for enough room for lifting to be done safely, including the use and position of spotters.

The minimum distance for walkways between equipment as well as space between barbells etc. is 36 inches.

## Question: 2

A client is performing a back squat. Which of the following words best describes the part of the movement where they lower themselves down into the deepest portion of their range of motion?

- A. Concentric contraction
- B. Eccentric contraction
- C. Amortization phase

**Answer: B**

Explanation:

Eccentric contractions involve lengthening the muscle under tension, concentric contractions involve shortening the muscles under tension, and the amortization phase is the point at which the lifter transitions between eccentric and concentric contractions.

## Question: 3

During a training session, an athlete completes a bench press at 75% intensity for nine repetitions with a tempo of five seconds on the eccentric phase, a one-second hold at the bottom of the motion, and three seconds on the concentric phase. Which of the following adaptations will the athlete most likely experience?

- A. Muscular strength
- B. Power

C. Increase in cross-sectional area of muscle

**Answer: C**

Explanation:

There are certain load and repetition assignments based on a specific training goal:

- Strength: > 85% 1RM, < 6 repetitions
- Power: 75-90% 1RM, 1-5 repetitions
- Hypertrophy (increase in cross-sectional area): 67-85% 1RM, 6-12 repetitions
- Muscular endurance: < 67% 1RM, > 12 repetitions

It is generally accepted that higher training volumes are associated with increases in muscular size, which is the result of both a moderate-to-higher number of repetitions (6-12) and the commonly recommended 3-6 sets per exercise.

### Question: 4

You have a new client who has never done a traditional push-up before. During instructions, where would you tell the client to place their hands?

- A. Slightly narrower than shoulder width apart
- B. Slightly wider than shoulder width apart
- C. Shoulder width apart

**Answer: C**

Explanation:

In a standard push-up, the hands should be shoulder width apart. Push-ups are commonly used as a test of local muscular endurance and are performed for maximum repetitions.

There are varying standards; some tests are based on the number of repetitions performed within a specific timeframe (e.g., 2 minutes), while others simply allow for the maximum number of repetitions performed until failure.

### Question: 5

Your client is performing a barbell back squat. During the concentric phase of the exercise, which of the following pulls actin filaments across itself?

- A. Troponin
- B. Tropomyosin
- C. Myosin

**Answer: C**

Explanation:

Knee extension during the squat is a concentric contraction. During any muscle contraction, the globular heads of myosin cross-bridges attach to actin and pull it across the myosin, which results in shortening (contracting) the muscle. This movement of actin sliding over myosin is called sliding-filament theory.

### Question: 6

What is the arm action involved in the power skip?

- A. Double arm action
- B. No arm action is used in the power skip
- C. Alternating arm action

**Answer: A**

Explanation:

The arm action in a power skip is different from standard skipping. Skipping typically involves an alternating arm action, but when performing the power skip, both arms should be used during the upward action. The power skip is usually performed for either repetitions or distance.

### Question: 7

Which type of stretch is a type of functionally based stretching exercise that uses sport-generic and sport-specific movements to prepare the body for activity?

- A. Ballistic stretching
- B. Dynamic stretching
- C. Static stretching
- D. PNF stretching

**Answer: B**

Explanation:

Dynamic stretching is a type of functionally based stretching exercise that incorporates sport-generic and sport-specific movements to prepare the body for activity. It involves moving parts of the body and gradually increasing reach, speed of movement, or both. This type of stretching is particularly useful for warming up as it engages the muscles in a manner similar to the movements of the sport or activity, enhancing range of motion, muscle temperature, and blood flow, thereby preparing the body for the demands of the upcoming physical activity.

Other types of stretching include:

- **Static Stretching:** This involves stretching a muscle (or group of muscles) to its farthest point and then maintaining or holding that position for a period of time. While beneficial for increasing flexibility, static stretching is generally recommended for the cooldown phase after exercise rather than as a warm-up because it can temporarily reduce muscle strength, power, and explosive performance if performed before activity.
- **Proprioceptive Neuromuscular Facilitation (PNF) Stretching:** PNF is an advanced form of flexibility training that involves both the stretching and contracting of the muscle group being targeted. PNF

stretching can be highly effective for increasing flexibility, but due to its intensity, it is more commonly used in rehabilitation settings or as part of a flexibility training program rather than as a pre-activity warm-up.

- **Ballistic Stretching:** This type of stretching involves trying to force a part of the body beyond its range of motion by using bouncing or jerky movements. Ballistic stretching can be risky and lead to injuries due to the high force applied to the muscles and is generally not recommended without proper supervision and for specific purposes.

Dynamic stretching is preferred as part of a warm-up routine because it closely mimics the movements of the sport or activity, effectively preparing the muscles, joints, and nervous system for the dynamic actions involved in physical activity or competition.

### Question: 8

Your facility is 55-feet in length. What is the maximum number of Olympic lifting platforms that can be placed side by side along the wall?

- A. Five
- B. Four
- C. Seven

**Answer: B**

Explanation:

Olympic platforms are typically eight feet wide, and four feet of walking space is required between each platform. A general rule is one Olympic platform for every twelve feet of linear space.

Calculation of space needed for Olympic platforms:

Lifting platform height (typically 8 ft) + a perimeter walkway safety space cushion of 4 ft x lifting platform width (typically 8 ft) + perimeter walkway safety space cushion of 4 ft = 144 square feet

### Question: 9

What does the following statement describe?

"The implementation of procedures to identify and reduce athlete injury risk during participation and therefore decrease liability exposure."

- A. Assumption of risk
- B. Standard of care
- C. Risk management

**Answer: C**

Explanation:

Injury risk is a top concern for strength and conditioning programs, and implementing strategies to minimize that risk is known as risk management.

It is important to identify the areas of potential liability exposure that could cause injuries and lead to litigation, and then take appropriate steps to manage and minimize this exposure.

## Question: 10

What can be done to increase the intensity of a depth jump to second box?

- A. Move the boxes farther apart
- B. Incorporate resistance bands
- C. Incorporate lateral jumps

**Answer: A**

Explanation:

A depth jump to second box is a high-level plyometric exercise that uses boxes from 12 to 42 inches tall. To start, the boxes should be about 24 inches apart, but to increase the level of intensity, the distance between the boxes can increase, making the second jump more challenging.

## Question: 11

Which of the following is the most important factor in aerobic endurance performance?

- A. Maximal aerobic capacity
- B. Lactate threshold
- C. Maximal heart rate

**Answer: A**

Explanation:

Maximal aerobic capacity is also known as VO<sub>2</sub> max and is highly linked to aerobic endurance performance success, and high VO<sub>2</sub> max values are necessary for success. Endurance programs should be designed to improve an athlete's VO<sub>2</sub> max.

The lactate threshold is also important, and when athletes have similar VO<sub>2</sub> max values, the athlete who has a higher lactate threshold is typically the superior athlete. They are capable of sustaining higher intensities without increased accumulation of lactate. However, maximal aerobic performance (VO<sub>2</sub> max) is still a greater contributor to aerobic endurance performance.

Maximal heart rate is not a factor in aerobic endurance performance.

## Question: 12

The treatment goal of which tissue healing phase is to prevent disruption of new tissue?

- A. Repair phase
- B. Remodeling phase
- C. Inflammatory response phase

**Answer: C**

**Explanation:**

After an injury, the damaged tissue goes through specific phases of healing. The first phase following an injury is the inflammatory response phase. Inflammation is necessary and encourages healing, which needs an environment that promotes tissue generation. During this phase, the primary goal of rehabilitation is to prevent any disruption of new tissue, which typically requires resting the injured area.

The inflammatory response phase is followed by the fibroblastic repair phase and then the maturation-remodeling phase. The treatment goals of these phases are, respectively, to prevent atrophy and deterioration of the injured area, and to increase the function of new tissue to prepare to return to training.

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