

# Fitness

## NSCA-TSAC-F

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## Question: 1

An Olympic weightlifter is warming up before his turn to perform a deadlift at a competition. Which of the following types of stretches is best performed before this type of activity?

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

**Answer: A**

Explanation:

Static stretching has been widely used by athletes before a competition, but research is showing its potential in decreasing force production, which is, in turn, going to decrease performance. Dynamic stretching, on the other hand, does not seem to decrease force production/decrease performance like static and PNF stretching do. In fact, dynamic stretching improves performance and is an effective way to stretch before a competition.

## Question: 2

The development of the master plan during the predesign phase of building a new fitness facility is based on all the following except:

- A. Feasibility study
- B. Needs analysis
- C. SWOT analysis
- D. Selection of an architectural firm

**Answer: D**

Explanation:

The development of the master plan during the predesign phase of building a new fitness facility is an extensive process that lays the foundation for the project's future direction, scope, and success. This phase involves several critical tasks, each contributing essential insights and information to shape the master plan effectively.

The selection of an architectural firm, however, is not a task upon which the development of the master plan is based. Choosing an architectural firm is indeed a crucial step in the project development process, but it typically follows the creation of the master plan.

The key tasks included in the predesign phase are the following:

- Needs analysis: This step involves a thorough examination of the community or target demographic's requirements for the fitness facility. It assesses the types of services and amenities that should be offered, the necessary equipment, and the overall size and scope of the facility. The objective is to

ensure that the planned facility aligns with the needs and preferences of its future users, guiding the facility's design and functional planning.

- Feasibility study: Conducting a feasibility study is crucial for evaluating the project's practicality and viability. This study looks into financial projections, market demand, location benefits, and potential challenges. The goal is to ascertain whether the project can be successfully realized within the constraints of the budget, timeframe, and existing market conditions, ensuring that the project is not only desirable but also viable and sustainable.
- SWOT analysis: A SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) provides a comprehensive overview of the internal and external factors that could impact the project's success. This analysis helps in identifying the project's strengths and opportunities that can be leveraged as well as the weaknesses and threats that need to be addressed or mitigated. The insights gained from a SWOT analysis play a crucial role in strategic planning and risk management for the project.

### Question: 3

Which of the following is not used to describe a grip where the thumb does not wrap around the bar?

- A. False grip
- B. Open grip
- C. Closed grip

**Answer: C**

Explanation:

When the thumb does not wrap around the bar, there are two ways of describing it: open grip and false grip.

When the thumb is wrapped around the bar, it is referred to as a closed grip. The supinated and pronated grips are closed grips.

### Question: 4

The wall plank and hanging knee raise are good options for individuals during rehabilitation of a spinal injury. They challenge stability in what plane of motion?

- A. Horizontal
- B. Transverse
- C. Frontal
- D. Sagittal

**Answer: D**

Explanation:

It's important to build multi-planar and multi-directional strength and stability in the spine. This is true even prior to experiencing an injury, and even more important afterward. Rehabilitation and "return-to-play" movements should target as many movement patterns as possible. The wall plank and hanging

knee raise involve movement in the sagittal plane and challenge (and therefore develop) sagittal plane stability.

Stability in the frontal and transverse planes should also be targeted. Exercises with rotational movement, or those where the individual resists rotational movement, target the transverse plane. Movements that involve stabilizing against lateral resistance or creating side to side movement with resistance challenge the frontal plane.

Once stability and strength have been established in each plane, then combination movements that incorporate all three planes can be very beneficial for training and performance.

### Question: 5

An athlete is performing a back workout with a strength focus. Which set of exercises is in the correct exercise order for the training session?

- A. Deadlift, hammer curls, bent-over row
- B. Bent-over row, hammer curls, deadlift
- C. Deadlift, bent-over row, hammer curls

**Answer: C**

Explanation:

It is important to understand and implement exercise order properly when programming exercise sessions. The order of exercises should be the following: Power exercises such as the Olympic lifts, followed by multi-joint, core exercises, then finally assistance exercises.

The reasoning behind this order is that the athlete should perform the most complex and taxing exercises first. In this way, the body will be able to lift the greatest amount of weight because all the energy is still available.

Deadlift and bent-over row can both be considered core exercises; however, strength coaches usually prefer the big leg exercises before upper body core exercises. Hammer curls should be performed last because they are single-joint, isolation (assistance) exercise.

### Question: 6

An athlete performs a series of mobility drills prior to his running workout. He hugs one knee into his chest for a second before repeating the movement on the other side. What type of stretching is also referred to as mobility drills?

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

**Answer: A**

Explanation:

Dynamic stretching is a type of functionally based stretching exercise that uses sport-specific movements to prepare the body for activity. These are often referred to as mobility drills.

### Question: 7

When building or renovating a strength and conditioning facility, which phase is the longest?

- A. Construction phase
- B. Design phase
- C. Pre-operation phase

**Answer: A**

Explanation:

There are four project phases for creating or renovating a new strength and conditioning facility. In order, they are:

- Pre-design phase
- Design phase
- Construction phase
- Pre-operation phase

As its name implies, the construction phase involves the construction of the building from beginning to completion. This phase often lasts longer than a full year, with more complex facilities often taking longer.

### Question: 8

A trainer is programming workouts for a 30-year-old endurance athlete. Which type of aerobic endurance training varies between long, slow distance and tempo training intensities?

- A. Fartlek training
- B. Anaerobic training
- C. High-intensity interval training

**Answer: A**

Explanation:

Fartlek training is a combination of several types of training. Generally associated with running, Fartlek training can also be done using other training modes, such as cycling or swimming.

An example of a Fartlek training session:

Running easy (about 70% VO<sub>2</sub>max) combined with hill work or short fast bursts of running (85-90% VO<sub>2</sub>max) for short time periods. Total training time is usually 20-60 minutes.

This type of training challenges all systems of the body and may help reduce boredom in training. Due to the stress of this type of training, it should only be performed once per week.

### Question: 9

How do energy requirements change in cold and hot environments when compared to temperate environments?

- A. Energy requirements decrease in both hot and cold environments
- B. Energy requirements increase in both hot and cold environments
- C. Energy requirements decrease in hot environments and increase in cold environments
- D. Energy requirements increase in hot environments and decrease in cold environments

**Answer: B**

Explanation:

In temperate environments, recommended daily caloric intakes range from 32-63 kcal/kg body weight. In cold environments, this requirement increases to 35-68 kcal/kg body weight per day. This requirement increases even more in hot environments—up to 40-75 kcal/kg body weight per day. It's important to support these environmental challenges with adequate nutrition in order to assist the tactical athlete in acclimating to these extremes and maintain homeostasis.

### Question: 10

When the blood glucose level is too low, the body releases what hormone to increase blood glucose levels?

- A. Oxytocin
- B. Insulin
- C. Glucagon

**Answer: C**

Explanation:

The pancreas is an endocrine gland that releases two different hormones that, together, regulate blood glucose levels. Those hormones are insulin and glucagon.

Glucagon acts to increase blood glucose levels, while insulin does just the opposite: it promotes the entry of blood glucose into cells.

### Question: 11

Which of the following is a kinesiological factor that influences an individual's mobility and flexibility?

- A. Body composition
- B. Physical activity level
- C. Muscle origin and insertion
- D. Age

**Answer: C**

Explanation:

Kinesiological factors that affect an individual's mobility and flexibility are rooted in the structural and functional aspects of the musculoskeletal system. Among these factors, muscle origin and insertion play a crucial role.

The points at which muscles are attached to the bones, known as the origin (where the muscle begins) and insertion (where it ends), significantly influence how a muscle moves a joint and, consequently, an individual's range of motion and flexibility. The specific locations of these attachments determine the muscle's leverage and the movement's amplitude, directly impacting mobility and flexibility.

The other options, while important, are not kinesiological factors per se but rather external factors that can affect mobility and flexibility:

- Age: Aging can affect mobility and flexibility due to changes in muscle elasticity, joint health, and the overall decrease in physical activity. However, it is more of a biological factor than a kinesiological one.
- Physical activity level: Regular physical activity can improve flexibility and mobility by keeping the muscles and joints conditioned. While highly influential, it's an environmental or lifestyle factor rather than a kinesiological one.
- Body composition: The ratio of fat mass to lean muscle mass can impact an individual's mobility and flexibility with excessive body fat potentially restricting movement. Like age and physical activity level, body composition is more of a physiological and lifestyle factor affecting mobility and flexibility.

The origins and insertions of muscles are kinesiological factors directly influencing mobility and flexibility by determining how muscles can move the joints they are attached to. This structural aspect of the musculoskeletal system plays a foundational role in an individual's ability to perform a wide range of movements with varying degrees of flexibility.

## Question: 12

Over the course of a week, how many pounds of fluid must be lost to consider an athlete chronically dehydrated?

- A. 3-5 pounds
- B. 1-4 pounds
- C. 5-10 pounds

**Answer: C**

Explanation:

A common approach to monitoring an athlete's hydration status is to monitor body weight before and after activity. Each pound lost during practice represents 1 pint of fluid loss.

When an athlete loses 5-10 pounds in the course of a week, they are considered chronically dehydrated. This places the athlete at risk for heatstroke and performance decrements.

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