

Athletic Body in Balance

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Athletic Body In Balance Course Objectives

After completing the Athletic Body In Balance course, the participant will:

1. Understand how to create a conditioning program for an athlete based on their strengths and weaknesses
2. Learn how to identify and improve weak links to enhance performance
3. Analyze functional movement patterns to develop improved motor patterns.
4. Understand how injuries occur and how they may be prevented.
5. Understand the connection between the brain, muscles, and movement.
6. Learn how stability and mobility work together to create efficient movement.
7. Learn how to use a self movement screen to identify improper movement patterns
8. Learn balance and core training exercises to improve mobility and stability
9. Learn how to test for mobility and stability, strength and endurance, power, speed, and agility.
10. Understand progression models for improving athletic movements and improving performance.
11. Learn how training movement patterns and related drills can improve common movements seen in sport.

12. Comprehend how athletes and effective conditioning programs are more similar than different for different sports.
13. Learn how most strength and conditioning programs focus on the wrong aspects of movement.
14. Receive a step-by-step approach to analyze an athlete's fundamental movements, assess strengths and weakness, and proper ways to build an effective training program.



Athletic Body In Balance Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. What term is used by strength coaches to pre-plan training program around events or competitions?
 - A. Plyometrics
 - B. Functional Training
 - C. Periodization
 - D. Sport-Specific Training
2. This is the brain's ability to store information about movement:
 - A. Motor Programs
 - B. Hardware
 - C. Proprioception
 - D. Posture
3. What does the body use through the senses of touch and movement to learn new movement patterns?
 - A. Observation
 - B. Verbal Cues
 - C. Balance
 - D. Proprioception
4. What are the muscular support structures that support the joint when it is moved or loaded?
 - A. Prime Movers
 - B. Stabilizing Muscles
 - C. Joint Capsules
 - D. Muscle Spindles
5. What may cause micro trauma in the muscles from moving with body compensations or sub optimal joint alignment
 - A. Overtraining
 - B. Poor Biomechanics
 - C. Poor Recovery
 - D. Joint Sprains
6. What is the proper order to test for weak links in movement?
 - A. Test conditioning; Test the movement, Appraise skill
 - B. Appraise skill, Test the movement, Test conditioning
 - C. Test the movement, Appraise skill, Test conditioning
 - D. Test the movement; Test conditioning; Appraise skill

7. What is the BEST example of an energy leak?
 - A. Running hill sprints
 - B. Rounding the back during a deadlift
 - C. Performing push ups until muscular failure
 - D. A collision with another athlete or object
8. What should be the MAIN goal of training with an athlete?
 - A. Developing strength in individual muscles
 - B. Developing power in individual muscles
 - C. Improving the athletes body composition
 - D. Improving movement patterns
9. What is the second level in the performance pyramid?
 - A. Functional Performance
 - B. Functional Skill
 - C. Functional Movement
 - D. Functional Screening
10. An athlete in the Overpowered Performance Pyramid will suffer all the following EXCEPT:
 - A. Poor on mobility and stability
 - B. High on power production
 - C. High in flexibility
 - D. Adequate in skill
11. An athlete in the Optimum Performance Pyramid demonstrates enough functional movement to handle the power he generates. This is referred to as:
 - A. Gross athleticism
 - B. Buffer zones
 - C. Stability
 - D. Strength-endurance
12. Athletes from which performance pyramid require the most time devoted to warm-up sessions?
 - A. Optimum performance
 - B. Overpowered performance
 - C. Underpowered performance
 - D. Under skilled performance
13. Which of these BEST explains the significance of the performance pyramid?
 - A. It shows that you can replicate programs for different athletes and yield the same results
 - B. It exposes the athlete's greatest weaknesses
 - C. It shows which sports an athlete will excel in
 - D. It can eliminate injuries
14. Misdirected energy most likely results from the following EXCEPT:
 - A. Poor Posture
 - B. Poor Technique
 - C. A collision with another player or object
 - D. Improper warm-up
15. Soreness after training should be expected but should not last longer than:
 - A. 12 hours
 - B. 24 hours
 - C. 36 hours
 - D. 48 hours

16. Which of the following best explains why joints cannot handle inflammation as efficiently as muscles?
- A. Joints are stressed more during exercise
 - B. The structures of joints are more unstable
 - C. Joints do not have the same circulation network
 - D. Joints and muscles handle inflammation equally
17. When experiencing pain during exercise the body is trying to tell you something. All of the following may be reasons EXCEPT:
- A. You have a muscle imbalance
 - B. You are experiencing an energy leak
 - C. Your left and right sides aren't working together
 - D. You are experiencing weakness and should push through it.
18. What is referring to a section of muscle that acts different from the rest of the muscle?
- A. A trigger point
 - B. A weak link
 - C. An energy leak
 - D. Microtrauma
19. All of the following should be done after releasing a trigger point EXCEPT:
- A. Strengthen the muscle
 - B. Rest the muscle
 - C. Stretch the muscle
 - D. Train the muscle
20. Which of the following is a simple and objective way to identify and treat trigger points?
- A. Find a health professional
 - B. Stretch the muscle and see if there is tightness
 - C. Test for muscle weakness
 - D. Use a massage stick to roll over muscle to identify areas of sensitivity
21. Which is the best technique for working out trigger points with a massage stick?
- A. Roll the entire muscle
 - B. Roll only areas of sensitivity
 - C. Roll only non sensitive areas
 - D. A massage stick is not effective for working out trigger points
22. What happens if you stretch a muscle without releasing trigger points first?
- A. The muscle will lengthen
 - B. The muscle will shorten
 - C. The muscle will not change length
 - D. The muscle will lengthen but then return to original length
23. Since trigger points can also make muscles weaker, when should you use the massage stick?
- A. Before training
 - B. After training
 - C. During training
 - D. Only on recovery days

24. When is an athlete MOST likely to be injured during a competition?
- A. Near the beginning of competition
 - B. Near the middle of competition
 - C. Near the end of competition
 - D. There is no clear determinate
25. What is a low stress form of exercise that helps the body reduce soreness and allows the athlete to recover for intense training in the future?
- A. Active Recovery
 - B. Periodization
 - C. Cool Down
 - D. Warm Up
26. When looking at an injury or complaint by an athlete, it is recommended to:
- A. Initiate a rehabilitation program, then observe movement patterns.
 - B. Look at the place of injury first.
 - C. Observe movement patterns, then initiate a rehabilitation program.
 - D. Stop all exercise until the pain goes away.
27. The Functional Movement Screen (FMS) was designed to:
- A. Challenge the athlete with difficult movements
 - B. Expose flaws that may not be shown in normal performance evaluation.
 - C. Assess athletes' speed, power, and agility.
 - D. Determine what sports athletes will excel at.
28. Which BEST describes the movements used in the FMS?
- A. Sport specific
 - B. Intense
 - C. Easy
 - D. Fundamental
29. All of the following are movements in the FMS EXCEPT:
- A. Squat
 - B. Lunge
 - C. Vertical Jump
 - D. Rotational Stability
30. How many attempts are allowed to complete each movement of the FMS?
- A. 1
 - B. 2
 - C. 3
 - D. 4
31. What does a movement with a score of 2 points demonstrate?
- A. Pain is associated with that movement.
 - B. The movement is performed with less than perfect form.
 - C. Inability to complete the movement.
 - D. The movement is performed perfectly.
32. Which is the BEST example of mobility?
- A. Forward bending to touch your toes.
 - B. Balancing on one leg.
 - C. A T-Test score of under 9 seconds.
 - D. Squatting while keeping the heels flat on the floor.

33. The first muscles to contract during movement are the:
- A. Stabilizers
 - B. Prime Movers
 - C. Agonists
 - D. Antagonist
34. Movement patterns can result from all of the following EXCEPT:
- A. Habits
 - B. Previous Injuries
 - C. Verbal cues
 - D. Leg dominance
35. Which of the following can alter movement patterns and cause compensations?
- A. Increased stability
 - B. Reduced stability
 - C. Good posture
 - D. Adequate mobility
36. Improving physical performance is achieved by:
- A. Muscular development
 - B. Isolation training
 - C. Movement development
 - D. Strength development
37. Where must training for mobility and stability start?
- A. From the ground up
 - B. The legs
 - C. The arms
 - D. The spine
38. Why are crunches and sit ups not suitable for improving spine stability?
- A. They are bad for the back.
 - B. Spine stability cannot be trained when the spine is moving.
 - C. They are not effective for training the abdominal muscles.
 - D. They are suitable for spine stability.
39. What segments of the body make up the functional segment called the core?
- A. The hips and lower back
 - B. The arms and legs
 - C. The Abdominals
 - D. The hips and torso
40. What is the main goal of core training?
- A. To get your abdominals to burn
 - B. To get a six-pack
 - C. To centralize strength, flexibility, coordination, and power to the body's most powerful region
 - D. To gain strength and endurance in your abdominals

41. The self movement screen is appropriate for all of the following EXCEPT:
- A. Elite athletes
 - B. General population
 - C. Amateur athletes
 - D. Those recovering from an injury
42. When is the best time to perform the self-movement screen?
- A. Before a workout
 - B. Before a warm up
 - C. After a workout
 - D. When you are sore from a previous workout
43. What would be an appropriate score for the Self-Movement Screen NOT the FMS?
- A. 3 points for perfect execution
 - B. 2 points for less-than-perfect execution
 - C. 1 point for inability to execute
 - D. Pass if all criteria for the movement are met
44. What should occur if pain is present during the self-movement screen?
- A. Score a 0 for the movement
 - B. Do not exercise until the athlete has a complete evaluation and treatment
 - C. Push through the pain for testing
 - D. Continue exercise but avoid movements that aggravate the pain
45. All of the following are tests included in the self-movement screen EXCEPT:
- A. Push up for trunk control
 - B. Deep squat
 - C. Hurdle step
 - D. Seated rotation
46. A failing score for the deep squat would include all of the following EXCEPT:
- A. Heels elevate
 - B. Hips drop below the knees
 - C. Feet rotate
 - D. The dowel touches the wall
47. Where should the tape be placed for the hurdle step test?
- A. At the knee cap
 - B. 2ft off the ground
 - C. At the tibial tuberosity
 - D. 1ft off the ground
48. What length should the tape be for the in-line lunge test?
- A. The length of the lower leg from the floor to the bump below the knee cap
 - B. The length of the lower leg from the floor to the knee cap
 - C. The length of the entire leg from the floor to the hip
 - D. Whatever length feels natural for the athlete

49. How low should the athlete lower the back knee during the in-line lunge test?
- A. Until it is approximately 1 inch off the floor
 - B. As low as the athlete can get
 - C. Until it is approximately 2 inches off the floor
 - D. Until it touches the tape behind the front foot
50. Where should you align the athlete with the doorframe during the active straight leg raise test?
- A. At the hip
 - B. At the knee
 - C. With the midpoint between the hip and the top of the bend of the knee
 - D. With the belly button
51. All of the following would result in a failing score during the seated rotation EXCEPT:
- A. The dowel rod touches the door frame
 - B. The athlete significantly leans during rotation
 - C. There is bending at the spine
 - D. The dowel leaves the collarbone at any point
52. After completing the self-movement screen what movement patterns should be trained first?
- A. Any that the athlete fails
 - B. Which ever provided the most difficulty
 - C. One that exposed left-right asymmetry
 - D. The deep squat
53. When can you expect to see improvements with most movement patterns through corrective exercise work?
- A. Immediately
 - B. 2 weeks
 - C. 2 months
 - D. 6 months
54. What is Balance Training according to the author?
- A. Training to improve equilibrium
 - B. Improving the ability to stand on one leg
 - C. Training to improve weight shifting
 - D. Training to improve movement symmetry between the left and right sides
55. When a muscle is very tight, it's counterpart often becomes weakened. This is due to:
- A. Neurological reasons
 - B. Mechanical reasons
 - C. Biomechanical reasons
 - D. Genetic reasons
56. All of the following are reasons you would want to start a balance training routine EXCEPT:
- A. If you have tightness during testing
 - B. If you experienced difficulty with the testing
 - C. If you had pain during the testing
 - D. If you had a loss of balance during the testing

57. Which of the following is LEAST likely to cause an issue with the deep squat test?
- A. Asymmetry
 - B. Poor flexibility
 - C. General stiffness throughout the body
 - D. Inability to stabilize the trunk during the changing body positions
58. Which balance training exercise improves body awareness for deep squatting?
- A. Elevated mountain climber cycle
 - B. Trunk rotation
 - C. Tabletop stride
 - D. Toe touch progression
59. Why is the deep squat progression so helpful to improve someone's squatting pattern?
- A. It improves flexibility
 - B. Poor squatters don't know what the bottom of the squat feels like
 - C. It strengthens the muscles used during the squat
 - D. It teaches how to load the spine properly during a squat
60. If the hurdle step test shows an asymmetry, what should be done to help correct this?
- A. Train both side equally
 - B. Stop training the stronger side
 - C. Increase the weight on the weaker side
 - D. Do approximately 3 times more work on the weaker side
61. Which of the following is an appropriate foundation drill for someone who fails the hurdle step test?
- A. Elevated mountain climber cycle
 - B. Tabletop stride
 - C. Tabletop hip stretch
 - D. Half-kneeling dowel twist
62. What aspects of sport does the lunging pattern demonstrate?
- A. Acceleration and jumping movements
 - B. Power and speed movements
 - C. Deceleration and cutting movements
 - D. Agility and quickness movements
63. Where is the BEST place to start training the lunge pattern?
- A. From the top down
 - B. From the bottom up
 - C. With the deep squat progression
 - D. Strengthening the quadriceps
64. Which exercises use mobility gained from stretching to help create stability through motor learning?
- A. Foundation Drills
 - B. Flexibility Drills
 - C. Mobility Drills
 - D. Core Drills
65. What should be done to improve mobility during the half-kneeling dowel twist
- A. Twist harder to stretch more
 - B. Perform more repetitions
 - C. Use partner assisted stretching
 - D. Increase the speed of the twist

66. What does the special hand positioning for the in-line lunge do for the athlete:
- A. Requires the athlete to stabilize the lower back
 - B. Makes the athlete feel more comfortable
 - C. Better simulates movement in sport
 - D. Allows the lower body to move dependently with the upper body
67. Which test combines, leg flexibility with trunk strength?
- A. Seated Rotation
 - B. Hurdle Step
 - C. Active Straight Leg Raise
 - D. In-line Lunge
68. What muscle(s) do not fire first if the low back arches off the floor during the active straight leg raise?
- A. The hip flexors
 - B. The quadriceps
 - C. The erector spinae
 - D. The core
69. The active straight leg raise differs from traditional crunches because of all of the following, EXCEPT:
- A. Crunches do not test for asymmetries
 - B. Crunches do not put stress on the low back forcing the abs to be reactive
 - C. Active straight leg raises require hamstring flexibility
 - D. Crunches test for core stability
70. What position should the arms be placed in during the leg-lowering progression?
- A. Y position
 - B. L position
 - C. W position
 - D. I position
71. The curl-ups are an exercise to help improve which movement?
- A. Active straight leg raise
 - B. Seated Rotation
 - C. In-line lunge
 - D. Deep squat
72. What is the MAIN purpose of core training?
- A. Improve strength
 - B. Improve muscle definition
 - C. Improve stability and coordination
 - D. Improve isolating the abdominal muscles during training
73. What do the best core training programs for athletes do?
- A. Increase generation of force in the core
 - B. Keep the spine in a neutral position while the arms and legs move
 - C. Increase core mobility
 - D. Increase strength in the abdominals
74. What does performing a deep squat on a slide board do?
- A. Turns the exercise into a more sport specific one
 - B. Increases the athlete's lower body strength
 - C. Shows torque on the hips, knees, and ankles that may not have been shown otherwise.
 - E. Allows the athlete's feet to slide, letting him/her squat even deeper.

75. All of the following core exercises would be appropriate to improve the hurdle step pattern EXCEPT:
- A. Slow-motion mountain climber
 - B. Mountain climber slide and stride
 - C. Stride and twist
 - D. Double-leg stretch
76. Disassociation of the hips and the trunk are MOST important in which movement pattern?
- A. Lunge
 - B. Squat
 - C. Active straight leg raise
 - D. Hurdle step
77. What is the primary goal of the core board lunge progression exercises?
- A. Keep stability in the hips
 - B. Keep mobility in the hips
 - C. Keep mobility in the core
 - D. Keep stability in the hips and core
78. Which of the self-movement screen tests is considered an open-chained exercise?
- A. Deep squat
 - B. In-line lunge
 - C. Hurdle step
 - D. Active straight leg raise
79. What is referred to as the linking together of core exercises into a continuous flow?
- A. A sequence
 - B. A progression
 - C. Motor learning
 - D. Mobility
80. Athletes from which sport would have the MOST benefit from squat core training exercises?
- A. Runners
 - B. Jumping athletes
 - C. Volleyball players
 - D. Hockey players
81. Most field and court athletes would benefit from which movement pattern core sequence?
- A. Squat
 - B. Lunge
 - C. Hurdle step
 - D. Active straight leg raise
82. Which of the follow demonstrates the proper order of testing an athlete?
- A. Corrective exercises, movement pattern testing, strength and endurance testing
 - B. Corrective exercises, strength and endurance testing; movement pattern testing
 - C. Strength and endurance testing, movement pattern testing; corrective exercises
 - D. Movement pattern testing, corrective exercises, strength and endurance testing
83. Which exercise would be the BEST test for local muscle endurance?
- A. 1.5 mile run
 - B. 1 rep max squat
 - C. 1 minute curl up test
 - D. 1 rep max bench press

84. What are researchers finding to cause significant amount of injuries in athletes?
- A. Tight muscles
 - B. Weak muscles
 - C. Left-right asymmetries
 - D. Active stretching
85. Why are the chop and lift patterns unique to other tests and exercises in this book?
- A. These exercises are also the evaluation
 - B. They are the most difficult
 - C. They are not functional movement patterns
 - D. They isolate the abdominal muscles
86. Which exercise is the best place to start for movement imbalance training?
- A. The 1/2 kneeling lift
 - B. The squat stance lift
 - C. The tall kneeling chop
 - D. The squat stance chop
87. What percentage difference between left and right sides during the chop and lift would be acceptable?
- A. 15%
 - B. 20%
 - C. 25%
 - D. There should be no difference at all
88. If an athlete had an issue with the deep squat test, what chop and lift variation would be BEST to perform?
- A. 1/2 kneeling
 - B. Tall kneeling
 - C. Squat stance
 - D. Scissor stance
89. What would be the proper progression for the chop and lift exercises?
- A. Scissor stance, squat stance, tall kneeling, 1/2 kneeling
 - B. Squat stance, scissor stance, tall kneeling, 1/2 kneeling
 - C. 1/2 kneeling, tall kneeling, squat stance, scissor stance
 - D. Tall kneeling, 1/2 kneeling, squat stance, scissor stance
90. During a lunge exercise, if an athlete has good mobility already, what should their goal be?
- A. Go deep enough so they feel a stretch in the hip flexor of the back leg
 - B. Improve range of motion
 - C. Perform a stretch and lunge at the same time
 - D. Improve strength and stop before end range of motion

91. If you cannot perform the deep squat dumbbell push-press with a 1 1/2 –inch lift under the heel what should be done?
- A. Go to a 1-inch lift
 - B. Go to a 2-inch lift
 - C. Perform the exercise with no lift
 - D. Return to working on improving the movement pattern
92. With the front squat exercise, what does a narrow stance focus on?
- A. The front of the thigh
 - B. The hip
 - C. Hip flexion
 - D. Hip abduction
93. Which exercise would be best suited for training the hurdle step pattern?
- A. Tall kneeling dumbbell curl and press
 - B. Tall kneeling flexion and extension with step
 - C. Half-kneeling dumbbell curl and press
 - D. Scissor stance squatting
94. A SLIGHT stretch on the thigh of the down hip during the half-kneeling dumbbell curl and press means:
- A. The athlete is contracting the quadriceps
 - B. The athlete is training too much range of motion
 - C. The athlete's feet are too far apart
 - D. The athlete is using his/her abs appropriately.
95. Which of the follow is an example of a functional superset?
- A. Seated dumbbell overhead press and bent-over dumbbell row
 - B. Push ups and dips
 - C. Wide grip lat pull down and flat-bench dumbbell bench press
 - D. Standing press-downs and upward rows with cable
96. What type of exercise, when performed with poor technique, prevents the athlete from performing it?
- A. Movement imbalance exercise
 - B. Staying-power exercise
 - C. Preventative exercise
 - D. Self-limiting exercise
97. All of the following are basic movement patterns used in the weight-training program AND a jump rope program EXCEPT:
- A. Squat stance
 - B. Hurdle step stance
 - C. Active leg raise stance
 - D. Lunge stance
98. Compared to flat running, all of the following are true about hill running EXCEPT:
- A. It is easier on the joints
 - B. It is higher impact
 - C. It promotes toe running
 - A. It is harder to cheat

99. An athlete who takes the strength they already have and becomes more efficient, coordinated, and smooth with his/her movements has increased:
- A. Power
 - B. Endurance
 - C. Mobility
 - D. Flexibility
100. Which term can be defined as “quickness under control”?
- A. Power
 - B. Speed
 - C. Agility
 - D. Mobility
101. All of the following occur during the catch phase of the power clean EXCEPT:
- A. Extend the hips and knees
 - B. Flex the hips and knees
 - C. Elbow are pointed forward
 - D. The bar rests on the clavicles and anterior deltoids
102. Which of the following would be used for testing agility?
- A. 300-yard shuttle
 - B. Hexagon test
 - C. 120-yard dash
 - D. Vertical jump
103. How many attempts does the athlete get in the T-test drill?
- A. 1
 - B. 2
 - C. 3
 - D. 4
104. When assessing acceleration, what is an appropriate time delay required to accelerate?
- A. No more than .5 seconds
 - B. No more than .6 seconds
 - C. No more than .7 seconds
 - D. No more than .8 seconds
105. Which of the following is the main goal of endurance for sport?
- A. The ability to maintain a steady state of activity
 - B. The ability to explode, react, recover, and maintain skill
 - C. The ability to run 1.5 miles in under 9 minutes
 - D. To focus mainly on aerobic training
106. How long should your rest be when training with the jump rope for speed?
- A. 30 seconds
 - B. 1 minute
 - C. More than 3 minutes
 - D. Long enough so that you are completely or near completely recovered
107. What can be done to increase the difficulty of the plyometric push up?
- A. Increase the size of the medicine ball
 - B. Decrease the size of the medicine ball
 - C. Remove the medicine ball
 - D. Progress to the shoulder-tap push up

108. When using the learning to relax ritual, what phase focuses on strengthening weak links?
- A. Relax
 - B. Recover
 - C. Recall
 - D. Repeat
109. Which of the following is a common sign of fatigue?
- A. Injury
 - B. Breathing through the nose
 - C. Breathing through the mouth
 - D. Loss of composure
110. Which warm up exercise for power, speed, and agility drills improves medial rotation of the hips and quick firing of the hamstrings?
- A. Down and off
 - B. Pull-through
 - C. African dance
 - D. Drum major
111. Which movement pattern is characterized by a symmetrical double leg stance?
- A. Squat
 - B. Lunge
 - C. Hurdle step
 - D. Active leg raise
112. During the squat stance medicine ball throw, what should occur with the foot position?
- A. They should pivot with the throw
 - B. The trail leg should step through after the throw
 - C. They should maintain the squat position
 - D. The athlete should follow through into a lunge
113. What is the only movement pattern that involves a single leg stance?
- A. Squat
 - B. Lunge
 - C. Hurdle step
 - D. Active leg raise
114. Which of the following is an appropriate power exercise for the hurdle step movement pattern?
- A. Depth jump
 - B. Split squat jump
 - C. Alternate-leg push off
 - D. Tuck jump
115. Which movement pattern stance can be characterized as an asymmetrical double-leg stance?
- A. Squat
 - B. Lunge
 - C. Hurdle step
 - D. Active leg raise
116. The hurdle step movement pattern is seen in sports with:
- A. Jumping, kicking, and running
 - B. Any movements with a squat stance
 - C. Swinging and hitting movements
 - D. Deceleration, quick turning, and cutting movements

117. All of the following are the most basic movement patterns used in sport that can be trained with the jump rope EXCEPT:
- A. Squat
 - B. Active straight leg raise
 - C. Lunge
 - D. Hurdle step
118. What is the first goal of a jump rope conditioning program?
- A. Testing your 30 second and 1 minute max
 - B. 5 minutes of continuous jumping at a speed of 140 RPM
 - C. 10 minutes of continuous jumping at a speed of 140 RPM
 - D. Work up to jumping at a rate of 180-200 RPM
119. Which jump rope position is good for the squat movement?
- A. The side straddle
 - B. The high stepper
 - C. The forward leg jump
 - D. The X-foot cross
120. When performing downhill sprints, the incline should not exceed:
- A. 1 degree
 - B. 2 degrees
 - C. 3 ½ degrees
 - D. 5 degrees
121. What is the purpose of tethered training with elastic tubing for agility drills?
- A. It emphasizes mistakes
 - B. It corrects right-left asymmetries
 - C. It improves recovery
 - D. It delays fatigue
122. What should be done to increase footwork and speed during the medicine ball mini-tennis drill?
- A. Deflate the medicine ball
 - B. Inflate the medicine ball
 - C. Use a heavier medicine ball
 - D. Use two medicine balls
123. Which two movement patterns are fundamental to rotation and swinging?
- A. Squat and lunge
 - B. Hurdle step and seated rotation
 - C. Seated rotation and lunge
 - D. Squat and seated rotation
124. What test can be used to reveal left-right power differences in rotation?
- A. Standing medicine ball chest pass
 - B. Jump rope with tubing
 - C. Triangle drill
 - D. Half-moon tubing shuttle
125. Throwing and striking are the result of which two types of forces?
- A. Linear and vertical
 - B. Horizontal and rotational
 - C. Linear and rotational
 - D. Swinging and jumping

126. When training an athlete who is participating in an asymmetrical sport, such as golf, it is important to first train what?
- A. Power in the dominant side
 - B. Train for symmetry
 - C. Skill in the dominant side
 - D. Only train non dominant side
127. What should occur during the chop and lift exercises?
- A. Adequate hip turn, adequate shoulder turn, and adequate arm movement
 - B. Big hip movement, no shoulder turn, and adequate arm movement
 - C. No hip movement, no shoulder turn, and adequate arm movement
 - D. No hip movement, big shoulder turn, and adequate arm movement
128. What should the goal be when using a cable column or medicine ball for throwing and striking movements?
- A. Mimic sport specific movement
 - B. Break the movement down into 2-3 patterns and let the brain put them together
 - C. Create as much hip movement as possible
 - D. Create as much shoulder movement as possible
129. What does adding weight to a sport specific tool such as a weighted baseball bat help with?
- A. Improves awareness and exposes mechanical flaws
 - B. Teaches the athlete to move faster
 - C. Helps the athlete get started more quickly
 - D. Increases timing, coordination and speed
130. Which two movement patterns are fundamental for throwing and striking?
- A. Squat and seated rotation
 - B. Hurdle step and Active straight leg raise
 - C. Lunge and seated rotation
 - D. Squat and lunge
131. When using medicine ball drills to improve throwing and striking, what should be taught FIRST?
- A. The step
 - B. An exaggerated throw
 - C. Single arm work
 - D. Rotation
132. Using an exaggerated step to throw a medicine ball demonstrates what?
- A. How power is generated from the core
 - B. How power is generated from the top down
 - C. How power is generated from the ground up
 - D. How the upper body is not needed for throwing activities
133. Which two movements are fundamental for jumping and kicking?
- A. Lunge and seated rotation
 - B. Squat and seated rotation
 - C. Hurdle step and squat
 - D. Hurdle step and active straight leg raise
134. What is the fundamental link between jumping and kicking?
- A. A single leg stance
 - B. They are both used in most sports
 - C. They require a unified effort of both legs moving in the same direction
 - D. They require the upper body to create movement

135. When working with a pitcher, all of the following should be equal EXCEPT:
- A. Left-right hip turn power
 - B. Left-right shoulder turn power
 - C. Left-right skill level
 - D. Left-right leg balance
136. What is the appropriate set up when performing 1-arm, single leg cable pushing or pulling exercises?
- A. Pushing exercises are performed on the same side as the standing leg
 - B. Pushing exercises are performed on the opposite side as the standing leg
 - C. Pulling exercises are performed on the same side as the standing leg
 - D. Pushing and pulling exercises are performed on the same side as the standing leg
137. What are the two fundamental movements of cutting and turning?
- A. Squats and seated rotation
 - B. Lunge and seated rotation
 - C. Squat and hurdle step
 - D. Squats and lunge
138. Which is the MOST important factor for training cutting and turning?
- A. Acceleration
 - B. Deceleration
 - C. Speed
 - D. Power
139. All of the following drills would be MOST appropriate for training cutting and turning EXCEPT:
- A. Triangle Drill
 - B. Forward straddle jump rope
 - C. Half kneeling over head pass
 - D. Dynamic four-way bounding
140. What distance should an advanced athlete use for bounding in the dynamic four-way bounding exercise?
- A. The length of their inseams
 - B. The length of ½ their body
 - C. The length of their body
 - D. As far as they can jump
141. What type of training is the combination of information and effort?
- A. Psychological
 - B. Intelligent
 - C. Competitive
 - E. Functional
142. What are two important keys for developing motor memory and reproducing sport skill with consistency?
- A. Building strength and power
 - B. Improving balance and training sport related movements
 - C. The way a movement feels and the results it yields
 - E. Improving weak links and natural movements

143. When working with an athlete and evaluating progress the trainer should ask all the following questions EXCEPT:
- A. Did I identify a left-right imbalance?
 - B. What is my weakest link?
 - C. Has the weakest link improved?
 - D. Have I strengthened weak muscles?
144. Which of the following BEST describes training personality?
- A. Training an athlete according to his sport
 - B. Training the way an athlete prefers to train
 - C. Training an athlete with constant variety
 - D. Training an athlete with cross training
145. What is the term “speed endurance” referring to?
- A. The ability to perform exercise for longer periods of time
 - B. The ability to move as quickly as possible
 - C. The ability to decelerate and quickly accelerate
 - D. The ability to produce multiple bouts of fast movement