

Bigger, Faster, Stronger

CORRESPONDENCE EDUCATION PROGRAM # 118.

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Bigger, Faster, Stronger Course Objectives

After completing the Bigger, Faster, Stronger course, the participant will:

1. To understand how to properly design BFS programs for all ages of athletes
2. To understand how to incorporate the BFS rotational set-rep system
3. To design programs that help athletes overcome plateaus
4. To properly explain the execution of various BFS exercises while incorporating proper spotting techniques
5. To design in-season training programs following the BFS recommendations and guidelines
6. To properly design a BFS readiness program for different age groups and athletic levels
7. To comprehend the "Six Absolutes" of perfect techniques
8. To understand the proper execution of various squatting exercises, power cleans, quick lifts, and when they should be used
9. To understand the proper execution of various upper body exercises and which athletes should use which variation
10. To know when and how to incorporate a speed, agility, and flexibility program
11. To understand when and how to incorporate a plyometric program
12. To understand the need for proper design and liability issues regarding planning a weight room
13. To comprehend the basic nutrition principles



Bigger, Faster, Stronger Course Examination

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

1. Unification is the thought that:
 - A. Athletes should participate in the BFS program designed for their age, but it an cross into any sport for that age.
 - B. Athletes should participate in the BFS program designed for their particular sport
 - C. All athletes, regardless of high school grade and the majority of collegiate level should train using BFS
 - D. All coaches regardless of amateur or professional status use the BFS program
2. What is considered the main problem for multisport athletes?
 - A. Losing fitness and training in the off-season
 - B. Transitioning from one season of one sport to the next
 - C. Having different coaches
 - D. Having different training programs for different sports
3. All of the following are considered benefits of using the BFS in elementary school athletes EXCEPT:
 - A. It creates a sense of camaraderie and belonging
 - B. It helps them to develop a competitive attitude
 - C. It will help them excel in their sport by starting early
 - D. It teaches good decision making skills
4. What are the two items that are the basics to building a unified program?
 - A. Lightweight barbell and log books
 - B. 15 lb barbell and 5lb and 10 lb Olympic-size training plates
 - C. A computer and lightweight bar bell
 - D. Software program and Olympic size weights
5. How often does the athlete repeat specific workouts?
 - A. Every 3rd cycle
 - B. Every 2nd week
 - C. Every 5th week
 - D. Every month
6. Which of the following is not considered a phase in the General Adaptation Syndrome?
 - A. Stage of power
 - B. Countershock
 - C. Stage of resistance
 - D. Shock

7. When overcoming plateaus, each time a variation is added to a program:
 - A. The resistance stage is lengthened
 - B. The power stage is lengthened
 - C. The resistance stage is shortened
 - D. The countershock stage is shortened
8. Which of the following is false concerning using periodization with team sports?
 - A. Periodization was originally intended for individuals
 - B. The percentage system used with periodization program accounts for the variety in the athlete's training state
 - C. Administering a periodization program to a large group of high school students would be too challenging
 - D. Periodization does not allow for daily variance in strength
9. How many weeks per cycle are in an off-season BFS program?
 - A. 1 week
 - B. 2 weeks
 - C. 3 weeks
 - D. 4 weeks
10. If you have never done towel bench exercises, what weight should be the starting weight?
 - A. 60% of body weight
 - B. 105 lbs
 - C. 120 lbs
 - D. 80% of body weight
11. When performing BFS, what is the primary goal in week 5?
 - A. To do more
 - B. To improve form
 - C. To perform 5 sets of 5 reps
 - D. To perfect bench press and squats
12. How many sets should be performed for who can lift 346 lbs in any exercise?
 - A. 2-3 sets
 - B. 1-2 sets
 - C. 3-4 sets
 - D. 4-5 sets
13. If the athlete is unable to perform a rep within a set, what should he do?
 - A. penalize him by 5 lbs per 100 on the bar
 - B. Stop the workout
 - C. Go to the next exercise
 - D. Increase the weight and try again
14. Which is not an advantage to the BFS program?
 - A. Being able to vary your workouts
 - B. Being able to record your lifts
 - C. Breaking records at an amazing rate
 - D. Planning how to break your records

15. In a study published in the *Medicine and Science in Sports and Exercise* journal, it was found that subjects could retain their strength for how long if their volume is reduced by 2/3rds?
- A. 4 weeks
 - B. 6 weeks
 - C. 8 weeks
 - D. 15 weeks
16. When training in-season, what does the BFS system recommend?
- A. Maintain the amount of work while reducing intensity
 - B. Maintain intensity while reducing the amount of work
 - C. Maintain intensity and amount of work
 - D. Reduce intensity and amount of work
17. Which of the following is not a component of an in-season BFS program?
- A. Emphasize the basic BFS core lifts
 - B. Train in the morning
 - C. Train 2 times per week
 - D. Keep in to 45 minutes
18. What is the advantage to the towel bench press over the traditional bench press?
- A. It puts less stress on the shoulder
 - B. It puts less stress on the low back
 - C. It is easier to lift more weight
 - D. It can be performed every day
19. Which statement is true regarding the deadlift?
- A. Heavy weights are beneficial
 - B. It is used for strengthening hamstrings
 - C. Heavy weights are never used
 - D. It is used for strengthening the lower back
20. Typically, high school athletes should try to progress during the season, but who are the exceptions to this suggestion?
- A. Red shirt college athletes
 - B. Those in two-a-day practices
 - C. The still maturing athlete
 - D. Those athletes that are not in peak condition
21. Which statement is true concerning the BFS readiness program?
- A. Young athletes can reach their potential without weight training
 - B. Adolescents can immediately begin the BFS set-rep system
 - C. Adolescents should not use this program due to orthopedic risks
 - D. Research states the benefits outweigh the risks of adolescents weight training
22. Exercise scientist Mel Siff found which of the following to be true?
- A. Running and jumping cause less force on the skeletal system than weight training
 - B. Weight training does not lead to damage to the epiphyseal plates
 - C. Children who do competitive weightlifting have higher incidences of joint damage
 - D. Heavy weight lifting has been shown to inhibit bone growth in adolescents

23. According to the *Journal of American Academy of Orthopaedic Surgeons*, how much higher is the incidence of injuries from bicycling rather than weightlifting in children age 5-14 years of age?
- A. 200 percent
 - B. 300 percent
 - C. 400 percent
 - D. 500 percent
24. According to Vladimir Zatsiorsky, what is the percentage of risk of injury from weight lifting ?
- A. 1 in 10,000
 - B. 20 in 10,000
 - C. 300 in 10,000
 - D. 1000 in 10,0000
25. What is the minimum amount of weight a high school athlete should lift before they should begin with the BFS readiness program rather than the BFS set-rep system?
- A. Towel bench for 100 lbs for 10 reps
 - B. Squat 145 for 10 reps
 - C. Squat 110 for 8 reps
 - D. Towel bench for 145 lbs for 10 reps
26. When using the BFS readiness program for middle school what is best for frequency?
- A. 2 workouts per week
 - B. 3 workouts per week
 - C. 1 workout per week
 - D. 5 workouts per week
27. When middle school athletes are able to perform the correct number of sets using proper form, how much should they increase the weight?
- A. 5 lbs
 - B. 2 lbs
 - C. 10 lbs
 - D. 15 lbs
28. What is the difference between the BFS readiness program for middle school children and high school athletes?
- A. The beginning of plyometrics
 - B. The lifting program
 - C. The agility drills
 - D. The flexibility program
29. When preparing for the BFS readiness program, two things must met:
- A. Can the athlete lift 20 kg on the hang clean through full ROM
 - B. Can the athlete lift 45 lbs on the bench press through full ROM
 - C. Can the athlete lift a certain amount of weight with proper form
 - D. Can the athlete perform 2 sets of 5-10 reps and with perfect form
30. All of the following are reasons to train with a partner EXCEPT:
- A. To motivate the lifter
 - B. To spot the lifter
 - C. To record weights and reps
 - D. To judge the lifter's technique

31. When performing the box squat, which of the following is not correct technique
- A. Sit and pause on the box
 - B. Rock slightly back before driving upward
 - C. Keep the back locked in
 - D. Finish the lift by coming up on the heels
32. When performing the power clean, the athlete should not:
- A. Lower back should be locked in
 - B. Elbows should be low
 - C. Chin should be away from the chest
 - D. The barbell should be resting on the shoulder in the catch position
33. When organizing a BFS readiness program, all of the following are true EXCEPT:
- A. Three athletes spot the lifter at one time
 - B. The workouts take 45 minutes and should be performed 2 times per week
 - C. 6 athletes are in a group using 1 barbell
 - D. The athletes should rotate in order between lifter, spotter, and one to be ready
34. Graduation from the readiness program to the next level depends on:
- A. Performance
 - B. Age
 - C. Maturity
 - D. Size
35. Which of the following exercises is not included in the graduation requirements?
- A. Bench press
 - B. Hang clean
 - C. Squat
 - D. Towel bench press
36. Which of the following is not considered an absolute for perfect technique?
- A. Spread the chest
 - B. Be tall
 - C. Use a bow stance
 - D. Align the knees
37. Of the 6 absolutes for perfect techniques, which one is considered the “great secret” that will give you the best edge over your opponents?
- A. Eyes on the target
 - B. Spread the chest
 - C. Be tall
 - D. Align the toes
38. Which of the following exercises uses the athletic stance?
- A. Power snatch
 - B. Power cleans
 - C. Hex-bar deadlifts
 - D. Bench press
39. Which athletes use the narrow stance when lifting?
- A. Swimmers
 - B. Line backers
 - C. Power lifting
 - D. Body building

40. Whose responsibility is it to make sure the lifter is using proper technique?
- A. The weight lifting coordinator
 - B. The coach
 - C. The spotter
 - D. The athlete waiting next in line
41. Which activity should have the toes pointed straight ahead with the eyes at 45 degrees?
- A. Rebounding in basketball
 - B. Plyometric jumps
 - C. Power exercises
 - D. Sprinting
42. Maximum power comes from which stance?
- A. Narrow stance with toes pointed outward slightly
 - B. Athletic stance with toes pointed straight ahead
 - C. Athletic stance with toes pointed outward slightly
 - D. Narrow stance with toes pointed straight ahead
43. When athletes squat with their knees over the toes and the heels off the ground, where is most of the pressure or weight placed?
- A. Quadriceps
 - B. Patella
 - C. Lower back
 - D. Hip joint
44. What is the most common problem for female athletes and middle school boys when squatting?
- A. Pressure on the lower back
 - B. Heels lifting off the floor
 - C. Knees coming together
 - D. Ankle sprains
45. Which exercise is considered to be the “king of all exercises”?
- A. Parallel squat
 - B. Towel bench press
 - C. Original squat
 - D. Box squat
46. Which exercise is considered the foundation for speed?
- A. Original squat
 - B. Box squat
 - C. Parallel squat
 - D. Towel bench
47. When athletes descend in a control manner while performing squats, which of the following does not occur?
- A. Decrease risk of cartilage injury
 - B. Increase knee injuries among females
 - C. Thicker tendons
 - D. Thicker joint capsule
48. Female athletes are how many times more likely than males to injure their knees in basketball or volleyball?
- A. 6 times
 - B. 5 times
 - C. 4 times
 - D. 3 times

49. For females with heavy builds, how much weight should they be able to squat according to the American high school standards?
- A. 325 lbs
 - B. 227 kg
 - C. 400 lbs
 - D. 181 kg
50. What test is used to help athletes and coaches determine proper depth during a squat?
- A. The Thomas test
 - B. The pre-squat test
 - C. The American high school standard test
 - D. The marble test
51. Why is deep squatting not recommended for high school athletes?
- A. Because high school coaches do not know proper mechanics
 - B. Because this ROM is not appropriate for this age group
 - C. The coach may have too many athletes to watch at once and cannot give one-on-one attention to form
 - D. Because the vastus medialis is not worked properly
52. Which of the following is the proper equipment when utilizing the pre-squat technique?
- A. Straight bar
 - B. Olympic bars
 - C. Olympic barbells with a center knurling
 - D. Flexible and more expensive bars
53. Which grip is better for larger athletes or those with less flexibility when performing squats?
- A. With hands pronated
 - B. With the wrist flexed
 - C. With thumbs around the bar
 - D. With thumbs behind the bar
54. What is one of the most common mistakes when performing squats?
- A. Placing the bar too low on the shoulders
 - B. Placing the bar too high on the shoulders
 - C. Placing the bar in the groove of the shoulders
 - D. Using the wrong grip
55. What is the proper technique when removing the bar from the rack?
- A. Extend the legs explosively
 - B. Extend the legs slow and controlled
 - C. Extend the legs just enough that the spotters can lift the bar off the rack
 - D. Flex the legs low enough to lift the bar off the rack
56. Which technique is correct when performing the squat?
- A. Descend rapidly to fully activate the quads
 - B. Descend slowly inch by inch
 - C. Hold your breath throughout the descent
 - D. Breathe in on the descent
57. What body landmark determines whether an athlete is at parallel in a squat?
- A. The top of the thigh
 - B. The bottom of the thigh
 - C. The angle of the knee
 - D. The angle of the glutes

58. All of the following are functions of the spotters EXCEPT:
- A. Motivate the lifter
 - B. Give corrective cues to the lifter
 - C. Judge the lifters technical abilities during the lift
 - D. Lift the weight off the rack at the beginning of the exercise
59. The back spotter places his hands:
- A. on the bar
 - B. on the lifters back
 - C. on the lifters hips
 - D. No where unless the lifter needs help
60. All of the following are common mistakes in squatting EXCEPT:
- A. Knees forward
 - B. Knees in
 - C. Lifting the hips too late
 - D. Lifting the hips too early
61. When squatting, what position should the elbows be in order to prevent the athlete from leaning too far forward?
- A. Extended
 - B. Inward
 - C. Outward
 - D. Forward
62. What is an alternative exercise to use in place of the box squat?
- A. Hip sled
 - B. Leg extension
 - C. Hex bar dead lift
 - D. Plyometrics
63. If an athlete can lift 100 lbs more in a box squat than in a parallel squat, what should be done?
- A. Use a higher box
 - B. Use a lower box
 - C. Add more weight
 - D. Use less weight
64. Which of the following is incorrect form for the box squat?
- A. Use an athletic stance
 - B. Drive up on the toes to complete the lift
 - C. Keep the back in a convex locked-in position
 - D. Use an explosive action as you lift
65. Which of the following is not a reason strength coaches like the front squat better than back squats?
- A. The barbell is on the front of the shoulders instead of the back
 - B. The quads work harder
 - C. The body is in a position commonly used in sports
 - D. It works the gluteus maximus better
66. Which exercise does BFS feel should be the primary leg exercise in young athletes?
- A. Front squat
 - B. Back squat
 - C. Hip sled
 - D. Hex squat

67. What is the best way to hold the barbell in a front squat?
- A. Hands supinated, elbows high
 - B. Hands pronated, elbows high
 - C. Hands supinated, elbows inward
 - D. Hands pronated, elbows outward
68. Why are devices not recommended to help support the barbell in a front squat?
- A. It gives athletes a false sense of security
 - B. They place more stress on the shoulders
 - C. It encourages a concave back making injury imminent
 - D. It encourages a rounded back making it hard to breath
69. Which statement about the high bar bodybuilding squat is true?
- A. More weight is used compared to the parallel squat
 - B. Some athletes will not go to parallel when performing this squat
 - C. Less weight is used compared to the parallel squat
 - D. It should not be used by experienced athletes
70. What is an advantage to using the hip sled?
- A. It does not tire out the lower back muscles as much
 - B. It is easier on the hip joint than other squat methods
 - C. It is less stressful on the knee joint than other squat methods
 - D. It requires more stability than other squat methods
71. When should power cleans be performed in the workout?
- A. Second
 - B. First
 - C. Last
 - D. Middle
72. Which type of muscle fiber is used for explosive and powerful lifts?
- A. Type IIa
 - B. Type IIb
 - C. Type Ia
 - D. Type Ib
73. Which statement is false concerning power cleans?
- A. Several muscle groups are worked simultaneously
 - B. It can increase speed in the athlete
 - C. The athlete learns to control impact in rapid activities better
 - D. They can lead to an increase in injury during the sport
74. Which statement is incorrect concerning safety guidelines for power cleans?
- A. Max weights are generally not used more than one time per week
 - B. 10 reps per set is appropriate
 - C. Bouncing the bar on the floor between reps can injure the spine
 - D. Learn proper techniques from a properly trained strength coach
75. Which is not considered proper lifting techniques for power cleans?
- A. Maintain the back in the convex position
 - B. Finish the pull with the elbows high
 - C. When the barbell is at the middle of the thighs, the shoulders should be slightly in front of the barbell
 - D. Start the pull with the legs and hips

76. What is the proper spotting technique for power cleans when working with an experience athlete?
- A. The spotter places their hands in front as if performing a standing push-up
 - B. The spotter should be behind the athlete
 - C. There are no spotters
 - D. Two spotters should stand on either end of the bar
77. Which of the following is not a benefit to performing the power snatch exercise?
- A. It is easier on the wrist than the power cleans
 - B. Racking the bar is easier to do than with the power cleans
 - C. It improves jumping ability
 - D. It more aggressively works the internal rotators of the shoulder
78. Which is an incorrect lifting technique for the power snatch?
- A. Keeps arms slightly bent slightly at the start of the pull
 - B. Keep the bar close to your body at the start of the pull
 - C. Keep the elbows high as the bar passes the knees
 - D. Snap explosively into the catch position
79. The hex bar deadlift strengthens all of the following muscles EXCEPT:
- A. Trapezius
 - B. Lower back
 - C. Hamstrings
 - D. Pectoralis
80. What is the "power line"?
- A. The imaginary line that runs the center of the lifter's mass
 - B. A line of hex-bars that are considered the best
 - C. The order in which athletes should perform the various exercises using the hex bar
 - D. The length of time the athlete can hold a 45 lb weight with the arms straight down
81. What is the main purpose of incorporating the hex deadlift exercise into a routine?
- A. It is better to use with young athletes
 - B. To be able to perform more exercises in a short amount of time
 - C. To decrease space usage in the weight room
 - D. Conquer the fear of performing deadlifts
82. What is the purpose of a high hex bar?
- A. It helps the athlete to use less weight
 - B. It is ideal for advance athletes
 - C. It is ideal for shorter athletes
 - D. It helps the athlete to use heavier weights
83. What is the maximum amount of weight that should be used on the hex bar deadlift?
- A. 40% of the deadlift weight
 - B. 40% of the parallel squat
 - C. 60% of the parallel squat
 - D. 45-65 lbs
84. Which statement is correct concerning spotting for a deadlift?
- A. The spotter has one hand on the lifter's lower back and the other around the lifter's shoulder
 - B. Two spotters are on either side of the barbell
 - C. As the lift begins, the spotter pushes down on the chest and up with the hand on the lower back
 - D. Help the lifter shift his weight to his toes

85. What is the highest weight most high school girls can bench?
- A. 200 lbs
 - B. 150 lbs
 - C. 91 kgs
 - D. 56 kgs
86. When it comes to bench press, what is the most common reason for injury?
- A. Lowering the weight too far
 - B. Too much weight
 - C. Too much frequency
 - D. Improper spotting
87. When athletes bench press 3 times per week, what likely to occur?
- A. Increase in Type II fiber development
 - B. Overuse injuries
 - C. 10% increase in pectoral strength per month
 - D. Increase in lower back injuries
88. Stress occurs to the shoulder when the weight is how close to the chest in a bench press?
- A. 1-2 cm
 - B. 1-2 inches
 - C. 3-5 inches
 - D. 4-6 inches
89. Which grip on the bench press will work the triceps more?
- A. Elbows out
 - B. Close grip
 - C. Wide grip
 - D. Neutral grip
90. Which of the below is considered incorrect technique for the bench press?
- A. Keep the eyes on the barbell at all times
 - B. Squeezing the bar before the lift is not recommended before a max attempt
 - C. Hold your breath and then lower the barbell
 - D. Lift the bar at an angle up towards the rack
91. All of the following are helpful variations to the bench press EXCEPT:
- A. Bent over rows
 - B. Dips
 - C. Wide grip bench press
 - D. Close grip bench press
92. Which is not a reason that the towel bench press is BFS's number one choice for the second workout?
- A. It decreases the risk of injury
 - B. It increases confidence
 - C. It is an easy exercise with light weights
 - D. It helps athletes become accustom to heavier weights
93. Which statement is false concerning the incline bench press?
- A. As you lower the weight, the elbows should point slightly down
 - B. The angle of the bench should be 45 degrees
 - C. The athlete will lift less weight than on a flat bench
 - D. It places more emphasis on the triceps

94. What is the purpose of using lifting chains?
- A. It helps to reduce excess stress on the shoulders
 - B. It applies the concept of static lifting
 - C. To gradually make the bar heavier as the bar is lifted
 - D. It places more stress on the triceps
95. Which chain is for athletes who can bench over 300 lbs?
- A. All-American
 - B. Varsity
 - C. All-State
 - D. Olympic
96. When performing sport specific auxiliary lifts, what is the maximum of auxiliary exercises that should be performed in a workout?
- A. 6
 - B. 5
 - C. 4
 - D. 3
97. Which of the following is not considered a standard auxiliary lift?
- A. Push press
 - B. Leg extension
 - C. Dips
 - D. Glute-ham raise
98. Which exercise is not specific to soccer?
- A. Leg extension
 - B. Dips
 - C. Straight leg deadlift
 - D. Leg press
99. What is the correct position of the hands and elbows during the incline bench press?
- A. Elbows should point slightly down
 - B. Under hand grip
 - C. Hands are slightly wider than shoulder width
 - D. Elbows point out to the side
100. Which is incorrect positioning for the lat pull down?
- A. Use an overhand grip with the straight bar
 - B. Exhale as you pull the bar down
 - C. Use a V-handle for a close grip
 - D. Pull the bar behind the head
101. All of the following sports would benefit from incorporating neck exercises EXCEPT:
- A. Baseball
 - B. Football
 - C. Wrestling
 - D. Soccer
102. What makes a lift advanced?
- A. It involves a hop or a jump
 - B. It involves multiple joints and muscle groups
 - C. It's near the athlete's max weight
 - D. It's overhead

103. Push jerk exercises develop:
- A. Upper body explosiveness
 - B. Shoulder endurance
 - C. Lower body explosiveness
 - D. Lower body strength
104. What makes an exercise a “power balance” exercise?
- A. When stabilizers are used as much as prime movers
 - B. When the athlete balances on 1 foot with the weight
 - C. When lower body and upper body are used equally in strength
 - D. When core muscles are used
105. What is the difference between power balance drill #2 and drill #3
- A. The lifter stands erect in drill 3 after balancing the weight
 - B. The position is held for 3 seconds drill 3
 - C. The weight is lifted over the head in drill 3
 - D. The position is held for 10 seconds in drill 3
106. What is the dot drill used for?
- A. Endurance
 - B. Balance
 - C. Warm up
 - D. Core strengthening
107. The dot drills help with all of the following EXCEPT:
- A. Coordination
 - B. Speed
 - C. Agility
 - D. Endurance
108. Which of the below is the correct order for the dot drill?
- A. Out, in, across
 - B. In, out, across
 - C. Front, back, across
 - D. In, out, front, back
109. The dot drill standard for females in the average category is:
- A. Over 75 seconds
 - B. 45-54 seconds
 - C. 60-70 seconds
 - D. 65-75 seconds
110. What does BFS consider the highest level of performance conditioning?
- A. Speed
 - B. Agility
 - C. Plyometrics
 - D. Power
111. Which exercise is considered a preparatory plyometric exercise?
- A. Jump rope
 - B. Low plyometric box jumping
 - C. Bounding drills
 - D. hurdle jumping

112. How often should the vertical jump be tested?
- A. Once per week
 - B. Twice per month
 - C. Once per month
 - D. Twice per year
113. What is the third phase of the plyometric program?
- A. Standing long jumps
 - B. Plyometric box jumping
 - C. Jump roping on and off 6 inch high boxes
 - D. Box jumping from a stand
114. What is a good jump for the last box for girls?
- A. 38 inches
 - B. 36 inches
 - C. 34 inches
 - D. 32 inches
115. How long should it take to complete all five plyometric phases?
- A. 20 minutes
 - B. 15 minutes
 - C. 10 minutes
 - D. 5 minutes
116. What is the most common way to measure jumping ability improvements?
- A. Electronic force platforms
 - B. Vertical jump
 - C. Long jump
 - D. Jumping onto a box
117. How often should speed technique workouts be done during the season?
- A. 2x per week
 - B. 1x per week
 - C. 1x per month
 - D. 1x per season
118. When athletes train for maximum speed:
- A. Resting time between sets should increase
 - B. Resting time between sets should decrease
 - C. Avoid training in bad weather
 - D. Lengthen the distance if going from outdoor tracks to indoor tracks
119. Which of the following is not a way to improve speed?
- A. Perform power cleans
 - B. Stretch 6x per week
 - C. Sprint all year round
 - D. Sprint a minimum of 4x per week
120. Which of the following is not considered the proper speed start position?
- A. Thumb and first finger should be on the start line
 - B. The second foot should be an additional 12 inches behind the front foot
 - C. Place one foot 10 inches behind the start line
 - D. Keep your head down

121. Which of the following is improper form for sprinting?
- A. The forward leg should initially lift forward, not up
 - B. Toes should point straight ahead
 - C. The back should be slightly arched
 - D. Feet should make the initial impact slightly in front of the hips
122. Which of the following is not true in regards to stretching?
- A. Stretching involves concentration
 - B. The athlete should stretch daily in the off season
 - C. It is a part of the warm-up
 - D. Proper technique is important
123. Which of the following is not a benefit of stretching?
- A. Improved posture
 - B. Increased joint ROM
 - C. Increase speed
 - D. Increase injuries
124. What are the two types of stretching?
- A. Ballistic and static
 - B. Static and dynamic
 - C. Myofascial release and static
 - D. Myofascial release and dynamic
125. Which statement is false concerning stretching?
- A. You should be sweating at the end of the stretching workout
 - B. Holding a stretch for 10 seconds for 3 sets is overdoing it for beginners
 - C. Warm up before you stretch
 - D. The best time to stretch is post-workout
126. In what order should the four groups of stretching be performed?
- A. Wall, standing, bench, floor
 - B. Floor, standing, bench, wall
 - C. Standing, bench, wall, floor
 - D. Bench, standing, wall, floor
127. Which stretch is not performed on the wall?
- A. Achilles stretch
 - B. Quadriceps stretch
 - C. Back-leg stretch
 - D. Hip flexor stretch
128. Your male athlete went 3 inches past his heels on the sit-and-reach test. What is his grade?
- A. Excellent
 - B. Fair
 - C. Good
 - D. Poor
129. What percentage of all litigations are the result of poor design of the weight room?
- A. 20%
 - B. 30%
 - C. 40%
 - D. 50%

130. How much space should be around a piece of equipment in the weight room?
- A. 3 ft
 - B. 2 ft
 - C. 1 ft
 - D. 5 ft
131. Which of the following is not recommended when designing a weight room?
- A. Avoid home equipment
 - B. Vacuum and mop at least once per month
 - C. Enforce a dress code
 - D. Have an emergency plan
132. What is the purpose of having posters in the weight room?
- A. Distraction
 - B. Ambience
 - C. Motivation
 - D. Rules and safety guidelines
133. Which of the following would be inappropriate for the use of the weight room?
- A. Coaches must be actively involved
 - B. Organize the workout efficiently
 - C. Require athletes to be on time
 - D. Set the same time limits on each core lift
134. Which should be encouraged in the weight room?
- A. Avoid adding activities outside of the class
 - B. Avoid testing athletes on their commitment and improvements
 - C. Coaches should workout with their athletes
 - D. Athletes should be prepared to accept the responsibility of being a coach while spotting
135. Which weight belt is not allowed for power lifting or Olympic lifting meets?
- A. Training belt
 - B. Weight lifting belt
 - C. All American belt
 - D. Power lifting belt
136. What are lifting straps for?
- A. Build confidence in the exercise
 - B. Lift more weight
 - C. Prevent slippage and skin abrasions
 - D. Proper form
137. Which of the following is false concerning knee wraps?
- A. They provide psychological support
 - B. A lifter can squat more weight with knee wraps
 - C. Knee wraps help keep the knees warm and lubricated
 - D. They increase the development of ligaments during squats
138. Which statement is true concerning lawsuits?
- A. You can be sued at any time
 - B. If you follow the standards, you will never be sued
 - C. Coaches are rarely sued
 - D. If you have an athletic trainer on staff, it will lower your risk of being sued

139. The responsibility a coach has to an athlete for safety is called:
- A. Proximate cause
 - B. Duty
 - C. Scope of practice
 - D. Liability
140. What is the most common lawsuit against coaches?
- A. Proper qualifications
 - B. Weight room injuries
 - C. Heat illnesses
 - D. Death
141. What is the general qualification to get liability insurance for fitness professionals?
- A. A college degree
 - B. Certified through the organization
 - C. Membership with the organization
 - D. Proof of employment as a coach
142. What is the most common mistake coaches make?
- A. Pushing the athletes too much
 - B. Using improper form
 - C. Training in heat and humidity when it's not appropriate
 - D. Not enough water breaks
143. According to Dr. Marc Rabinoff, what percentage of litigations involve strength training machines?
- A. 95%
 - B. 80%
 - C. 75%
 - D. 60%
144. According to Healthy People 2010, what percentage of Americans get at least 3 servings of vegetables daily?
- A. 3%
 - B. 28%
 - C. 64%
 - D. 18%
145. What is BFS position on supplements?
- A. Supplementation is not needed if you eat well
 - B. Eat well first, then consider a supplement
 - C. BFS endorses the Paleo Diet
 - D. Supplements are inexpensive ways to improve nutrition
146. Which of the following is not considered one of the five lethal foods by BFS?
- A. Candy
 - B. Potato chips
 - C. Soda
 - D. Hot dogs
147. Which of the following is not recommended for good nutrition?
- A. Consider supplementing with a multivitamin
 - B. Consume protein only from beef, eggs, and chicken to get the best quality
 - C. Drink 0.6-0.7 oz of water per pound of body weight
 - D. Consult with a health care professional if you want to go on a diet

148. Which of the following is not a characteristic of a BFS Eleven?
- A. They are morally strong
 - B. They are strong athletes even though they may be average students
 - C. They are goal oriented
 - D. They are leaders
149. Which statement is false concerning steroids?
- A. Steroids don't work in the long run
 - B. Steroids don't work in the short run
 - C. The risk outweigh the benefits
 - D. Taking steroids will not lengthen your career
150. Which statement is an incorrect reason why steroids don't work?
- A. The stronger the athlete gets, the less important extra strength becomes
 - B. Steroids do not help flexibility or agility
 - C. Once taking steroids, the need for more will get worse
 - D. Body builder and athlete's needs are similar