

Maximum Interval Training

CORRESPONDENCE EDUCATION PROGRAM # 151.

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LEARNING OBJECTIVES

After reading *Maximum Interval Training*, the participant will be able to:

1. Know the advantages of maximum interval conditioning
2. Understand safety considerations and implementation of these
3. Select appropriate exercises based on the abilities and condition of the athlete
4. Design programs utilizing bodyweight, sprinting and a variety of equipment and devices
5. Select proper testing procedures and variables appropriate for your client
6. Provide proper interpretation of test results and design an appropriate program based on goals and current fitness levels of client
7. Use periodization in order to challenge the client to reach the next level of performance
8. Design MIT programs for strength and power
9. Design MIT programs for tactical training, quickness and agility
10. Create programs for various sports and high intensity jobs



CEC/CEU TEST FOR:

Maximum Interval Training

This is a multiple choice test. Please choose the best answer.

1. **Which of the following training variables are inversely related?**
 - a. Mode and recovery
 - b. Intensity and volume
 - c. Mode and volume
 - d. Frequency and intervals

2. **What is the main constant between all of the different types of HIIT and interval training programs?**
 - a. The purpose
 - b. The drills
 - c. The structure
 - d. The duration

3. **Which statement about equipment options for MIT is FALSE?**
 - a. Medicine balls require a lot of space for throwing
 - b. Suspension training helps develop balance and coordination
 - c. Heavy ropes should be no longer than 60 feet
 - d. The main challenge with kettlebells is the learning how to perform the exercises

4. **When assessing which type of equipment will be most useful and appropriate for you or your client, which of the following criteria is not beneficial to consider?**
 - a. Access
 - b. Injury risks of the equipment and if your liability insurance will cover it
 - c. Equipment that you dislike
 - d. Goals of your training vs what equipment is available

5. **In following American College of Sports Medicine's position stand on fluid replacement, how much water should be consumed during exercise?**
 - a. When you are thirsty
 - b. 1.5 liters per kilogram of body weight
 - c. 4 oz every 15 minutes
 - d. Enough that you do not lose more than 2% of your body weight from sweat

6. **Which is not a symptom of a life threatening heat illness?**
 - a. Profuse sweating
 - b. Shortness of breath
 - c. Confusion
 - d. Flushed, dry skin

7. **All of the following are appropriate ways to warm up for MIT except:**
 - a. Start the actual workout light and easy, then progress in difficulty
 - b. Perform 5-10 different exercises focusing on mobility
 - c. First, perform low intensity cardio exercise for 3-5 minutes
 - d. Use the warm up to increase heart rate and get a light sweat going

8. **What are the maximum repetitions one should complete in order for an exercise to be considered strength training vs. endurance training?**
 - a. 6
 - b. 8
 - c. 10
 - d. 12

9. **Who should not perform body weight jumping jacks?**
 - a. A client who will be progressing to plyometrics
 - b. A client who does not have good coordination
 - c. A client who is new to MIT
 - d. A client with patellar-femoral pain

10. **Which of the following is not considered proper form for the bodyweight inchworm exercise?**
 - a. Keep the legs slightly bent
 - b. Begin in a push-up position with the arms straight
 - c. Maintain a rigid torso
 - d. Walk feet towards hands, then walk hands out to the push-up position

11. **What is the difference between the bodyweight bear crawl and the bodyweight inchworm exercise?**
 - a. A rigid torso is maintained only for the inchworm
 - b. Only the inchworm requires a push-up for the starting position
 - c. Hamstring flexibility is needed for the inchworm but not for the bear crawl
 - d. Only the bear crawl should be performed backward and laterally

- 12. Which of the following is an incorrect step when performing the bodyweight scissors exercise?**
- Keep the chest up, shoulders back, and torso rigid
 - Maintain the opposite arm and leg movement
 - Keep arms bent at 90 degrees
 - Begin with both feet in front of the imaginary line
- 13. Which of the following is not considered to be an appropriate variation for the body weight push-up?**
- Lift the knee toward one shoulder while performing the exercise to increase intensity
 - Decrease intensity by placing both hands on a bench
 - Decrease the intensity of the exercise by placing feet on a bench
 - Increase intensity by placing feet on a stability ball
- 14. Which statement is false concerning the bodyweight dip exercise?**
- It works the triceps
 - It works the pulling muscles of upper body
 - It improves upper body strength and endurance
 - It develops the chest and shoulder muscles
- 15. Which of the following is a prerequisite for the bodyweight frog hop?**
- Good flexibility in the hamstrings
 - The ability to maintain a proper plank position
 - Above average cardiorespiratory endurance
 - The ability to squat below parallel with good technique
- 16. When performing the bodyweight line jump, where should your center of mass be located?**
- Over the line
 - In front of the line
 - Behind the line
 - In the hips
- 17. Prerequisites for the bodyweight speed squats includes all of the following EXCEPT:**
- Good mobility in the lower body joints
 - The ability to perform a set number of squats in a set amount of time
 - The ability to properly perform a minimum of 20 bodyweight squats
 - Consistent proper form in the squat exercise
- 18. When correctly performing the bodyweight speed split squat, the:**
- You will almost lose contact with the ground
 - The knees will pass the toes
 - The knee of the back leg will always touch the floor
 - The legs should be alternating

- 19. Which of the following exercises develops isometric lower body strength?**
- a. Bodyweight speed squats
 - b. Bodyweight lateral squat
 - c. Bodyweight squat hold
 - d. Bodyweight walking plank
- 20. When performing the bodyweight walking lunge, how can you tell if you are keeping the lead leg aligned properly?**
- a. The torso will remain erect
 - b. The foot of the back leg will be flat on the floor
 - c. The knee will be in alignment with the same-side hip
 - d. It will be aligned with the second toe of the same-side foot
- 21. Which statement is false concerning the introductory bodyweight training program implementation?**
- a. Do not rest between exercises
 - b. Each exercise should be performed for 20 seconds
 - c. The order of exercises can be changed
 - d. The program should be performed 2x/week for four weeks
- 22. Sprinting is highly dependent on all of the following EXCEPT?**
- a. Intensity
 - b. Strength
 - c. Mobility
 - d. Stride Frequency
- 23. Which of the following is not a distinct phase for sprinting?**
- a. Acceleration
 - b. Maximum velocity
 - c. Maximum power
 - d. Speed endurance
- 24. What does “cast” mean?**
- a. Keeping the torso rigid
 - b. Keeping the foot and ankle rigid
 - c. Keeping the toes pointing downwards
 - d. Keeping the head still while sprinting
- 25. When sprinting, what is the main difference between the transitional phase and the maximum velocity phase?**
- a. The toes should point downward
 - b. The foot is not casted
 - c. The arms are swung higher to create more force
 - d. The velocity is not Maximum in the transitional phase

- 26. Pure acceleration relies on:**
- a. Rear side mechanics
 - b. Power
 - c. Frontside mechanics
 - d. Mobility
- 27. Most people reach the transition phase of sprinting after:**
- a. 10-15 meters of acceleration
 - b. 5-10 meters of acceleration
 - c. 4 weeks of training
 - d. 6 weeks of training
- 28. Which athletes need to focus most on speed endurance training?**
- a. Hockey players
 - b. Soccer players
 - c. Track and field athletes
 - d. Distance runners
- 29. Why is stepwise sprinting a good exercise for athletes?**
- a. Because it is predictable
 - b. Because it provides a variety of sprint distances and recovery intervals
 - c. Because it provides a good foundation for other sports
 - d. Because it helps to focus on understanding frontside mechanics
- 30. Which sprinting exercise is the most advance one in the book?**
- a. Constant distance sprinting
 - b. Finite time sprinting
 - c. Stepwise sprinting
 - d. Varying distance sprinting
- 31. When performing finite time sprinting, total volume should not exceed:**
- a. The distance normally covered in the sport itself
 - b. 100 meters
 - c. 1 mile
 - d. 500-750 yards
- 32. In order to become proficient with sprinting techniques in the book, how long should the introductory sprinting program be performed?**
- a. 4 weeks
 - b. 3 weeks
 - c. 6 weeks
 - d. 2 weeks

- 33. Which statement is true for incorporating medicine balls into your training?**
- a. Use a weight that is slightly heavier than what you can handle
 - b. There are no current standard recommendations for selecting the proper weight of the medicine ball
 - c. Medicine balls have only been used for training for the past 4 decades
 - d. Never pressurize your homemade medicine ball with air once the water is added
- 34. Your client weighs 150 lbs. What weight medicine ball should he start with?**
- a. 10 lbs
 - b. 8.0 lbs
 - c. 7.5 lbs
 - d. 5 lbs
- 35. Which of the following is a pre-requisite for the medicine ball chop exercise?**
- a. The ability to properly squat
 - b. The ability to properly plank
 - c. Good hamstring flexibility
 - d. Good knee stability
- 36. Which of the following exercises does not require the ability to perform a correct squat as a prerequisite?**
- a. Medicine ball touch and jump
 - b. Medicine ball wall ball
 - c. Medicine ball thruster
 - d. Medicine ball slam
- 37. Which of the following exercises requires the ability to balance on one leg?**
- a. Medicine Ball Chest Press
 - b. Medicine Ball Speed Squat with Push
 - c. Medicine Ball Chop with Knee Punch
 - d. Medicine Ball Touch and Jump
- 38. When performing the medicine ball step-box change, how high should the bench be?**
- a. 4-12 inches
 - b. 6-14 inches
 - c. High enough where the knee is bent at 90 degrees when the foot is flat on the bench
 - d. A maximum of 15 inches

- 39. Which of the following is not correct procedures when performing the medicine ball bomb toss to sprint exercise?**
- Start with the ball held at hip level
 - Vertically jump while throwing the ball overhead and backwards
 - Immediately turn 90 degrees after the ball is thrown
 - Repeat the drill 4-6 times
- 40. Which procedure is incorrect when performing the medicine ball, off-center plyo push-up exercise?**
- Maintain a rigid trunk throughout the exercise
 - When beginning the exercise one hand is on the floor and one hand is on the medicine ball
 - After performing the push up, explode upward and shift body towards the medicine ball
 - Most of your weight should be shifted toward the hand on the medicine ball
- 41. Which of the following is false when performing the introductory medicine ball program?**
- Train twice per week
 - Perform the exercises in a circuit style workout
 - Perform the exercises in the order as noted in the book
 - Perform each exercise for 60 seconds
- 42. Which of the following is not considered to be a drawback to using heavy ropes?**
- They take up a lot of space
 - They rarely provide a good transfer into real life or sports
 - Weight cannot be added to the rope when the exercise becomes too easy
 - The range of exercises is limited
- 43. The two handed rope grip allows for:**
- More range of motion during the exercise
 - Less stress on the wrist joint
 - More focus on targeting core muscles
 - Better ability to anchor the rope
- 44. What is the proper stance when performing the heavy ropes jumping jacks exercise?**
- Allow the handles of the rope to move forward
 - Weight on the balls of the feet though-out the exercise
 - Lift the hands just to shoulder height, but do not go above the shoulders
 - Avoid using this exercise as a warm up

- 45. Which of the following is improper technique when performing the heavy ropes two-handed slam exercise?**
- Push hips back while moving quickly into a quarter squat
 - Keep the back set throughout the exercise
 - Keep the body weight on the balls of the feet
 - Without pausing at the top, squat back down and drive ropes towards the ground
- 46. Which exercise is primarily meant to focus more so on the obliques?**
- Heavy ropes twist
 - Heavy ropes clockwise arm circle
 - Heavy ropes wave
 - Heavy ropes wood chopper
- 47. All of the following are prerequisites for the heavy ropes towing exercise EXCEPT:**
- Understanding how to use the two-handed grip
 - Ability to perform a quarter squat
 - Ability to hold a plank
 - Sufficient strength to lift rope over the shoulder
- 48. Which is recommended for the heavy ropes tug of war?**
- An overhanded grip with both hands
 - A specified distance between you and your partner
 - A partner heavier than you
 - Gloves
- 49. What is the main difference between the heavy ropes one-handed slam vs the heavy ropes two-handed slam?**
- The one handed develops more coordination
 - The two handed is more advanced
 - The one handed works the core muscles more efficiently
 - The two handed requires an underhand grip
- 50. Which is not considered a key point while performing the heavy ropes shuffle slam exercise?**
- Keep the back set throughout the exercise
 - Keep your weight on the balls of your feet while shuffling
 - Maintain the quarter squat position
 - Cross the feet while shuffling
- 51. Which statement is false concerning suspension training?**
- It causes us to recruit more muscles to perform the movement and stabilize
 - It is easily portable
 - It exploded into the fitness industry in the last 10 years
 - The suspension trainer is fixed

- 52. All of the following are drawbacks to suspension training EXCEPT:**
- a. It is heavy to transport
 - b. It is expensive
 - c. Safety is a concern
 - d. It is easier to train the wrong energy system
- 53. Which of the following is not one of the grips used in suspension training?**
- a. Prone grip
 - b. Reverse grip
 - c. Neutral grip
 - d. One-handed grip
- 54. Which body position is used in suspension training to focus on hamstrings and core muscles?**
- a. Prone lying position
 - b. Supine standing position
 - c. Prone standing position
 - d. Supine lying position
- 55. In order to make the prone standing position more challenging, the client should:**
- a. Straddle the feet
 - b. Move the feet together
 - c. Move the feet backwards
 - d. Lean forward less
- 56. Which statement below is false concerning the suspension row?**
- a. Only the prone grip is used
 - b. It works the upper back, shoulders, and biceps
 - c. Maintain a straight line from shoulders to heel
 - d. Keep the elbows against the body
- 57. What is the proper starting position for the suspension bicep curl exercise?**
- a. Grip the handles with a prone grip
 - b. Begin with the feet under the handles
 - c. Assume the prone standing position
 - d. Flex the elbows while moving the feet forward
- 58. When performing the suspension triceps extension, the handles should be level with the _____ when leaning forward.**
- a. Chin
 - b. Forehead
 - c. Shoulders
 - d. Chest

59. **All of the following are muscles worked during the suspension hip up exercise EXCEPT:**
- Gluteals
 - Core
 - Quadriceps
 - Hamstrings
60. **Which muscle below is a stabilizer during the suspension knees to chest exercise?**
- Quadriceps
 - Hip flexors
 - Rectus abdominus
 - Obliques
61. **Which of the following is an incorrect step for the suspension push-up?**
- Use a pronated grip
 - Lower your body until even with the handles
 - As you lower yourself, keep the handles in front of the body
 - The upper body should be supporting most of your body weight
62. **Which of the following is an incorrect step for the suspension fly?**
- Keep the elbows straight while in the standing prone position
 - Use a neutral grip
 - Hands spread slowly apart as you lower the body
 - Assume a standing prone position
63. **What grip is used for the suspension reverse fly?**
- Reverse
 - Pronated
 - Neutral
 - Supinated
64. **Which of the following is a prerequisite for performing the suspension one-legged squat?**
- 20 leg curls with good, consistent form
 - 10 suspension squats with good, consistent form
 - Ability to maintain the standing prone position for 30 seconds
 - 10 reverse lunges on each leg with good, consistent form
65. **Which statement is false concerning the suspension foot-in-trainer one-legged squat?**
- A prerequisite is the ability to perform 10 one-legged squats on each leg properly
 - Make sure you are balanced before performing the squat
 - Adjust the suspension trainer for the one-handed grip
 - The exercise is performed quickly

- 66. Why are kettlebells used extensively for interval training?**
- They have handles
 - They vary in weights
 - They can be performed rhythmically
 - They are easier to handle
- 67. Which of the following is not a positive to using kettlebells?**
- The exercises are transferable to sports
 - You stand for most exercises
 - They develop core, shoulder strength and stability, and develop a sense of balance
 - They permit one side of the body to compensate which is beneficial for injuries
- 68. Which of the following is not a drawback to using kettlebells?**
- Mistakes can be very painful
 - The kettlebells are expensive
 - It takes time to learn the exercises
 - The advanced exercises are not challenging
- 69. The most commonly used hand grip for kettlebells in the book is:**
- Two-handed grip
 - Outside handle grip
 - Inside handle grip
 - Middle handle grip
- 70. Which of the following is not the correct way to hold the kettlebell on the shoulder while standing?**
- Elbow needs to point slight upward
 - Use an inside handle grip
 - Have the palm facing upward
 - The kettlebell should sit outside the shoulder
- 71. All of the following are prerequisites for the kettlebell snatch EXCEPT:**
- The ability to maintain correct back posture
 - The ability to position the kettlebell slight forward to the hips for balance when overhead
 - The ability to use the hips in a squatting motion
 - The ability to squat while keeping weight on the heels
- 72. All of the following are prerequisites for the kettlebell jerk EXCEPT:**
- Keep the weight on the heels
 - Move quickly into a quarter squat
 - Press the kettlebell up and slightly in front of the head
 - The kettlebell should end up in line with the hips

- 73. Which statement is incorrect concerning the kettlebell jerk?**
- The dip and the drive should be performed slowly and controlled
 - Ensure the elbow faces forward during the dip and drive
 - Keep the kettlebell on the shoulder during the dip
 - The kettlebell should end up slightly behind the head in line with the hips
- 74. Which of the following is correct concerning the kettlebell goblet squat?**
- Keep the elbows up
 - Hold the kettlebell at waist level
 - Squat all the way down
 - The hips should initiate the squat
- 75. Which step is incorrect for the kettlebell Romanian deadlift?**
- Feet should be hip-width apart
 - Lock the knees
 - Rest the kettlebell on the front of the thighs
 - Use a middle handle grip
- 76. When performing the kettlebell bent-over row, the client should not:**
- Stop leaning forward when upper body is just above parallel to the floor
 - Use a middle hand grip
 - Pull the kettlebells even with the chest
 - Maintain an unlocked knee angle throughout the exercise
- 77. Key points for the kettlebell press include all of the following EXCEPT:**
- Use the legs when needed to help perform the exercise
 - The elbow must remain in position
 - Maintain a tight back throughout the exercise
 - The kettlebell should end up in line with the hips
- 78. Which of the following is a prerequisite for performing the kettlebell one-handed swing?**
- Ability to hold and maintain a plank for 60 seconds
 - Ability to perform 10-two-handed swings with 20% of body weight
 - Good quadriceps flexibility
 - Good hamstring flexibility
- 79. Which of the following is considered to be an incorrect step for the kettlebell two-handed snatch?**
- Start with feet shoulder-width apart and kettlebells between feet
 - Keep weight on heels as you push hips back and squat
 - Keep arms straight as you push hips back allowing kettlebells and arms to swing back between the knees
 - Pause, then extend knees and hips

- 80. Which hand grip should be used while performing the kettlebell two-handed clean?**
- a. Outside
 - b. Inside
 - c. Middle
 - d. Neutral
- 81. The minimum experience one should have correctly performing the one-handed snatch and one-handed jerk prior to performing the kettlebell overhead squat is:**
- a. 20 repetitions
 - b. 6-weeks
 - c. 6-months
 - d. 10 repetitions
- 82. As the foot strikes the ground when performing the kettlebell overhead lunge:**
- a. Keep the kettlebell at chest level
 - b. Keep the kettlebell slightly in front of the head
 - c. Flex the hip and knee until the lower leg is parallel to the floor
 - d. Flex the hip and knee until the thigh is parallel to the floor
- 83. When performing the kettlebell get up, as you roll the body and push the upper body into a sitting position, where should the kettlebell be?**
- a. Shoulder level
 - b. Overhead and perpendicular to the ground
 - c. Overhead and parallel to the ground
 - d. Overhead and slightly behind the head
- 84. Which of the following is not considered to be an advantage to using sandbags?**
- a. The shift in the sand creates resistance situations similar to many sports
 - b. They can be dropped safely
 - c. The active resistance varies by size, weight, and construction
 - d. Most people can lift less weight when using sandbags
- 85. Which sports benefit the most from training with sandbags?**
- a. Soccer
 - b. Rugby
 - c. Swimming
 - d. Hurdlers

- 86. Which of the following is not a key point to consider when creating movement combinations with sandbags?**
- a. Training load is based on the strongest exercise movements
 - b. Do not put the sandbag down until full set is completed
 - c. Be able to transition smoothly
 - d. Use similar handgrips as you go from one exercise to the next
- 87. Which of the following is not a part of the universal athletic position?**
- a. Chest up
 - b. Straight hips
 - c. Slight bend in knees
 - d. Shoulders back
- 88. The front squat with sandbag requires good range of motion in the:**
- a. Elbows, hips, knees, and ankles
 - b. Wrist, ankles, shoulders, knees
 - c. Ankles, hips, knees, and shoulders
 - d. Back, hips, knees, ankles
- 89. Which exercise improved strength and endurance discrepancies between the legs while working on balance?**
- a. Sandbag deadlift
 - b. Sandbag Romanian deadlift
 - c. Sandbag front squat
 - d. Sandbag in-place lunge
- 90. Which exercise below is a prerequisite to performing the sandbag bent over row?**
- a. Romanian deadlift
 - b. Upright row
 - c. Front squat
 - d. In-place lunge
- 91. The sandbag upright row focuses on what muscles?**
- a. Shoulders and pectoralis
 - b. Pectoralis and trapezius
 - c. Shoulders and trapezius
 - d. Latissimus and trapezius
- 92. Farmer's walk exercises focus primarily on developing:**
- a. Trunk stability and upper body endurance
 - b. Trunk stability and lower body endurance
 - c. Trunk stability and shoulder stability
 - d. Trunk stability and grip strength

- 93. Which of the following is an incorrect step for the sandbag Y press?**
- Grab the sandbag in a neutral grip and assume a full squat
 - Lift the bag to shoulder level, then press overhead while pivoting foot in one smooth movement
 - When the bag is overhead, allow arms to bend
 - While arms are bending, pivot with the foot and lower back to starting position
- 94. The sandbag walkover lunge focuses on:**
- Hip flexor power
 - Shoulder stability
 - Trunk and hip stability
 - Core stability
- 95. The sandbag swing and lift focuses on:**
- Shoulder rotation
 - Balance
 - Hip stability
 - Rotational power of trunk
- 96. How is the sandbag high pull different from the upright row?**
- The sandbag is at chest level in the high pull, but lower than chest level in the upright row
 - The arms do not come up as high in the upright row as they do in the high pull
 - The speed of movement is faster in the upright row
 - Force is generated with the high pull making the movement of the sandbag to the chest passive
- 97. How far should you dip when performing the sandbag push press?**
- 6 inches
 - Quarter squat
 - Thighs are parallel
 - As far as comfortable
- 98. When dropping beneath the sandbag in the jerk, you should:**
- Push the sandbag overhead
 - Dip about 20 inches
 - Push yourself under the sandbag
 - Allow the arms to bend

- 99. As the sandbag moves upward, the body should drop how far when performing the sandbag jerk?**
- Not at all
 - Half squat position
 - 15-20 inches
 - 6-8 inches
- 100. What two exercises are prerequisites for the sandbag clean?**
- High pull and jerk
 - High pull and front squat
 - Front squat and walkover lunge
 - Y press and swing and lift
- 101. Which statement is false concerning increasing the resistance of exercise bands?**
- Once you have chosen a band thickness, resistance cannot be changed
 - Use a thicker band
 - Increase the distance between the attachment point and distal end of the band
 - Decrease the length of the band
- 102. Which statement is false concerning the heavy resistance band standing row?**
- Control the concentric movement
 - Control the eccentric movement
 - Use a band resistance that allows for 20-25 reps with proper form
 - Perform this exercise as quickly as possible
- 103. When performing the band assisted pull-up, the foot/ankle with the band should be:**
- Neutral
 - Plantarflexed (toes pointed downward)
 - Dorsiflexed (toes toward shin)
 - Relaxed
- 104. Which statement is false concerning water-filled stability balls?**
- They are a good way to unload joints after a heavy training day
 - They are typically not expensive
 - They can reduce boredom
 - They improve joint and trunk stability
- 105. At what percentage body weight does sled training shift from being a speed movement training exercise to becoming a way to train the glycolytic system?**
- 10%
 - 90%
 - 25%
 - 75%

- 106. How long should the rope be for the sled pull?**
- a. 8-9 feet
 - b. 25-30 feet
 - c. 15-20 feet
 - d. It does not matter
- 107. The appropriate load on the sled should be:**
- a. 70-80% of body weight
 - b. 50-60% of body weight
 - c. As much as you can pull
 - d. 20-30% of body weight
- 108. Heavy boxing bags work all of the following areas EXCEPT:**
- a. Balance
 - b. Fine motor skills
 - c. Agility
 - d. Coordination
- 109. Which of the following is not recommended for boxing exercises?**
- a. Only tighten the fist on impact
 - b. Focus on throwing the punch from the shoulders
 - c. Avoid hyperextending the elbows
 - d. Tuck the thumbs
- 110. All of the following are considered performance-related components EXCEPT:**
- a. Power
 - b. Balance
 - c. Mobility
 - d. Speed
- 111. In order to attain optimal levels of fitness and performance, what is essential?**
- a. Experience
 - b. A good coach
 - c. Regular training
 - d. Good health
- 112. Which statement below is false concerning the PAR-Q form?**
- a. It requires a qualified health care professional to administer
 - b. It is self-guided
 - c. It is a minimal screening tool
 - d. It is appropriate for low to moderate level activity

- 113. Which statement is incorrect concerning muscle movement?**
- When the body stabilizes, the length of the muscle fiber does not change
 - Fibers elongate to decelerate the limbs
 - Force occurs when fibers shorten to accelerate
 - Static tension does not involve any muscle contraction
- 114. The ATP-PC system is used for activities lasting:**
- Between 20-60 seconds
 - Less than 15 seconds
 - 30-120 seconds
 - Greater than 3 minutes
- 115. Which activity has high demands for the phosphagen system, moderate for anaerobic glycolysis needs, and high aerobic metabolism needs?**
- Mixed martial arts
 - Ice hockey
 - Power lifting
 - Soccer
- 116. Who would be the ideal person to get assistance from when conducting assessments?**
- Certified Strength and Conditioning Specialist
 - Medical Assistant
 - Exercise Physiologist
 - Physician
- 117. When a test is able to produce an accurate measurement of a specific outcome or attribute, this is referred to as:**
- Reliability
 - Specificity
 - Validity
 - Objectivity
- 118. Which of the following is the proper testing order?**
- Max power, sprint, agility, endurance, anaerobic, aerobic, non-fatiguing
 - Non-fatiguing, agility, max power, sprint, endurance, anaerobic, aerobic
 - Non-fatiguing, max power, endurance, agility, aerobic, anaerobic
 - Aerobic, anaerobic, agility, endurance, power, non-fatiguing
- 119. Clients should attempt to reach their max weight for bench press in _____ attempts.**
- 3
 - 8
 - 5
 - 7

- 120. Exercise and cognitive performance are impaired starting at ____% of dehydration.**
- a. 3
 - b. 4
 - c. 1
 - d. 2
- 121. Which law enforcement job task would not be a good predictive factor from the 1.5 mile run test?**
- a. Crawling
 - b. Use of force for greater than two minutes
 - c. Dodging
 - d. Sustained pursuit
- 122. The hip hinge assessment is a good prerequisite for which two exercises?**
- a. Box jumps and sandbag exercises
 - b. Bent over row and Romanian deadlift
 - c. Sandbag Y press and bent over row
 - d. Suspension pike and Romanian deadlift
- 123. Which statement is incorrect for the squat assessment?**
- a. The lumbar spine is neutral
 - b. Heels of the feet stay in contact with the ground
 - c. The hips should not drop
 - d. Once the test is complete, use the norm charts to find the test results
- 124. How high should the box be for the drop landing assessment test?**
- a. 8-12 inches
 - b. 15-20 inches
 - c. 12-16 inches
 - d. 20-25 inches
- 125. Which step is incorrect for the 10-, 20-, and 30-meter spring tests?**
- a. Allow up to 3 sprints
 - b. Use the index finger to start the stopwatch
 - c. Allow 3-5 minutes of rest between sprints
 - d. Time to the nearest 0.10 seconds
- 126. Which of the following is incorrect when performing the pro-agility test?**
- a. The stopwatch is stopped when the person passes the right cone for the last time
 - b. Three cones should be 5 yards apart
 - c. Assume an athletic stance
 - d. Allow up to three trials

- 127. Which sport would not benefit from the 5-0-5 test?**
- a. Soccer
 - b. Baseball
 - c. Handball
 - d. Volleyball
- 128. Which sport might want to cut the distance run in half when performing the T-test?**
- a. Lacrosse
 - b. Soccer
 - c. Football
 - d. Volleyball
- 129. Power is a combination of:**
- a. Speed and endurance
 - b. Agility and speed
 - c. Strength and speed
 - d. Agility and strength
- 130. Your client can lift 176 lbs. If this is 80% of his 1 rep max, then what weight is his 1 rep max?**
- a. 230
 - b. 200
 - c. 240
 - d. 220
- 131. Which of the following tests is considered to be single most used strength assessment among athletes?**
- a. Back squat
 - b. Deadlift
 - c. Pull up
 - d. Bench press
- 132. Which of the following assessments do the authors strongly recommend a spotter?**
- a. Deadlift
 - b. Pull up
 - c. Bench press
 - d. 1-minute squat
- 133. How far should you lift yourself off the floor while performing the curl up test?**
- a. 90 degrees
 - b. 30 degrees
 - c. 60 degrees
 - d. As high as possible

- 134. When performing the front plank assessment with the arms fully extended, this more correlates to what group of individuals?**
- a. Fire fighters
 - b. Mixed martial arts
 - c. Soccer players
 - d. Law enforcement
- 135. When performing the beep test, the starting signal for the test corresponds to a speed of ____ mph.**
- a. 3.5
 - b. 5.3
 - c. 4.0
 - d. 5.8
- 136. Michelle lifting 20 lbs more than Joncee on the bench press. If we state that Michelle is stronger than Joncee by only looking at the weight lifted and not by any other information, our evaluation is considered to be:**
- a. Absolute
 - b. Qualitative
 - c. Relative
 - d. Subjective
- 137. The stretch-shortening cycle (SSC) is essential for what types of movements?**
- a. Swimming
 - b. Distance running
 - c. Sprinting
 - d. Cycling
- 138. In healthy people, HRR will be approximately _____ bpm immediately post exercise.**
- a. 10-15
 - b. 20-25
 - c. 5-10
 - d. 15-20
- 139. What does the “A” stand for in the SMART goals mnemonic?**
- a. Action
 - b. Attainable
 - c. Ability
 - d. Aggressiveness

- 140. Which of the following is not one of the five major program variables?**
- a. Volume
 - b. Recovery
 - c. Flexibility
 - d. Muscle balance
- 141. Which of the following is not one of the principles of exercise?**
- a. Specificity
 - b. Overload
 - c. Recovery
 - d. Progression
- 142. Specificity takes into account all of the following factors EXCEPT:**
- a. Speed of movement required for the activity
 - b. Muscles and motions being used
 - c. Energy systems for the activity
 - d. Plateaus that occur from training
- 143. Which of the following is not a step for developing a periodized training program?**
- a. Plan the first microcycle in detail
 - b. Decide on goals for each phase
 - c. Plan the first mesocycle in detail
 - d. Organize the training program
- 144. Which of the following is not one of three main phases of training in the macrocycle?**
- a. Recovery phase
 - b. Off season phase
 - c. Competition phase
 - d. Preparatory phase
- 145. Which of the following is not a limitation of strength and power training?**
- a. Diminishing returns
 - b. Wear and tear on the joints
 - c. Mistakes leading to injury
 - d. Body type
- 146. Which statement is true regarding the pre-competition phase?**
- a. The strength training is heavier than previous phases
 - b. Speed and agility work is expanded
 - c. Strength and power intensity is 70-80%
 - d. Multi joint activities are avoided

- 147. Conditioning workouts do not typically occur in which phase of the macrocycle?**
- Recovery phase
 - Off season phase
 - Competition phase
 - Preparatory phase
- 148. When the athlete runs faster than he or she is normally capable, this is referred to as:**
- Resisted sprinting
 - Assisted sprinting
 - Stride length drills
 - Fartlek training
- 149. With speed training, for long-term programs, the general preparation period is primarily focused on the:**
- Competition goals
 - Foundation
 - Time to complete a race
 - Goals
- 150. Which statement is false concerning agility training?**
- Agility training can cause injuries
 - Make sure the athlete is not over tired
 - Agility training does not need to be sport specific
 - Agility training needs to be integrated with other training modes