



“Secrets of Strength & Conditioning”

Post-webinar Quiz

Please note that the webinar quiz is based on the printed handout, NOT on the lecture. Choose the best answer for each question.

- 1. Which of the following is an element of an effective strength training program?**
 - a. Regression
 - b. Overload
 - c. Symmetry
 - d. Atrophy

- 2. Excessive overload results in:**
 - a. Progression
 - b. Specificity
 - c. Adaptation
 - d. Overtraining

- 3. The term “specific adaptations to imposed demands” is known as the:**
 - a. Overtraining
 - b. SAID Principle
 - c. Promise Principle
 - d. Function of Power

- 4. The concept that the body begins to decline when a stimulus is removed is known as:**
- a. Reversibility
 - b. Specificity
 - c. Regression
 - d. Remediation
- 5. _____ is a systematic approach to sustain improvement and prevent regression.**
- a. Microburst training
 - b. Periodization
 - c. Partner training
 - d. Power training
- 6. An undulating periodization plan adjusts the training volume:**
- a. Never
 - b. Monthly
 - c. Yearly
 - d. Weekly or daily
- 7. Which of the following is a component of a well-written program?**
- a. Include rest and recovery in the plan
 - b. Determine the frequency of the workouts
 - c. Manipulate variables
 - d. Focus on only the first month and set goals later

- 8. When setting up your training cycles, the Meso cycle should last:**
- a. 6 months
 - b. 4 weeks
 - c. 1 week
 - d. 12 months
- 9. Recent studies suggest that multi-set protocols _____**
- a. Have a higher risk of injury
 - b. Offer better long-term results
 - c. Offer better short-term results
 - d. Have a higher risk of client boredom
- 10. How can mechanical tension maximize hypertrophy?**
- a. It uses higher loads to create maximal tension
 - b. It uses shorter rest to increase muscle fatigue
 - c. It uses maximal reps to increase basal metabolic rate
 - d. All of the above
- 11. Wave-loading is particularly useful for:**
- a. Increasing atrophy
 - b. Decreasing hypertrophy
 - c. Increasing strength
 - d. Increasing flexibility

- 12. If an individual is interested in increasing strength at a specific point in the range of motion _____ is recommended**
- a. Plyometric-type training
 - b. Eccentric-type training
 - c. Concentric-type training
 - d. Isometric-type training
- 13. How many movement positions are ideal per movement when training isometrically?**
- a. 3
 - b. 1
 - c. 5
 - d. 4
- 14. Increases in neural output, preferential recruitment of fast-twitch fibers and more force output are all benefits of:**
- a. Plyometric-type training
 - b. Eccentric-type training
 - c. Isometric-type training
 - d. Concentric-type training
- 15. An example of velocity-based training would be:**
- a. Core training
 - b. Balance training
 - c. Agility training
 - d. Band training

- 16. The average height of a depth jump is usually between:**
- a. 16" – 30" for most clients
 - b. 12" – 18" for older clients
 - c. 4" – 8" for short clients
 - d. 24" – 36" for tall clients
- 17. A rest interval in a Western complex should last approximately:**
- a. 10-20 seconds
 - b. 45 seconds
 - c. 1-2 minutes
 - d. 3-4 minutes
- 18. Which of the following is an example of a hybrid training 'system'?**
- a. Heavy lifts for strength, slow lifts for power, high reps for muscle growth
 - b. Light lifts for strength, fast lifts for power, low reps for muscle growth
 - c. Heavy lifts for strength, fast lifts for power, high reps for muscle endurance
 - d. Low reps for muscle conditioning, slow lifts for power, high reps for strength
- 19. An example of a hybrid program may combine exercises for:**
- a. Balance, core strength, endurance and cognition
 - b. Plyometrics, function, ambulation and performance
 - c. Power, strength, hypertrophy and endurance
 - d. Power, strength, agility, mobility
- 20. A sample recovery plan that allows for time to recuperate is:**
- a. 4 weeks on, 3 weeks off
 - b. 4 weeks on, 1 week off
 - c. 9 weeks on, 1 week off
 - d. 16 weeks on, 1 week off