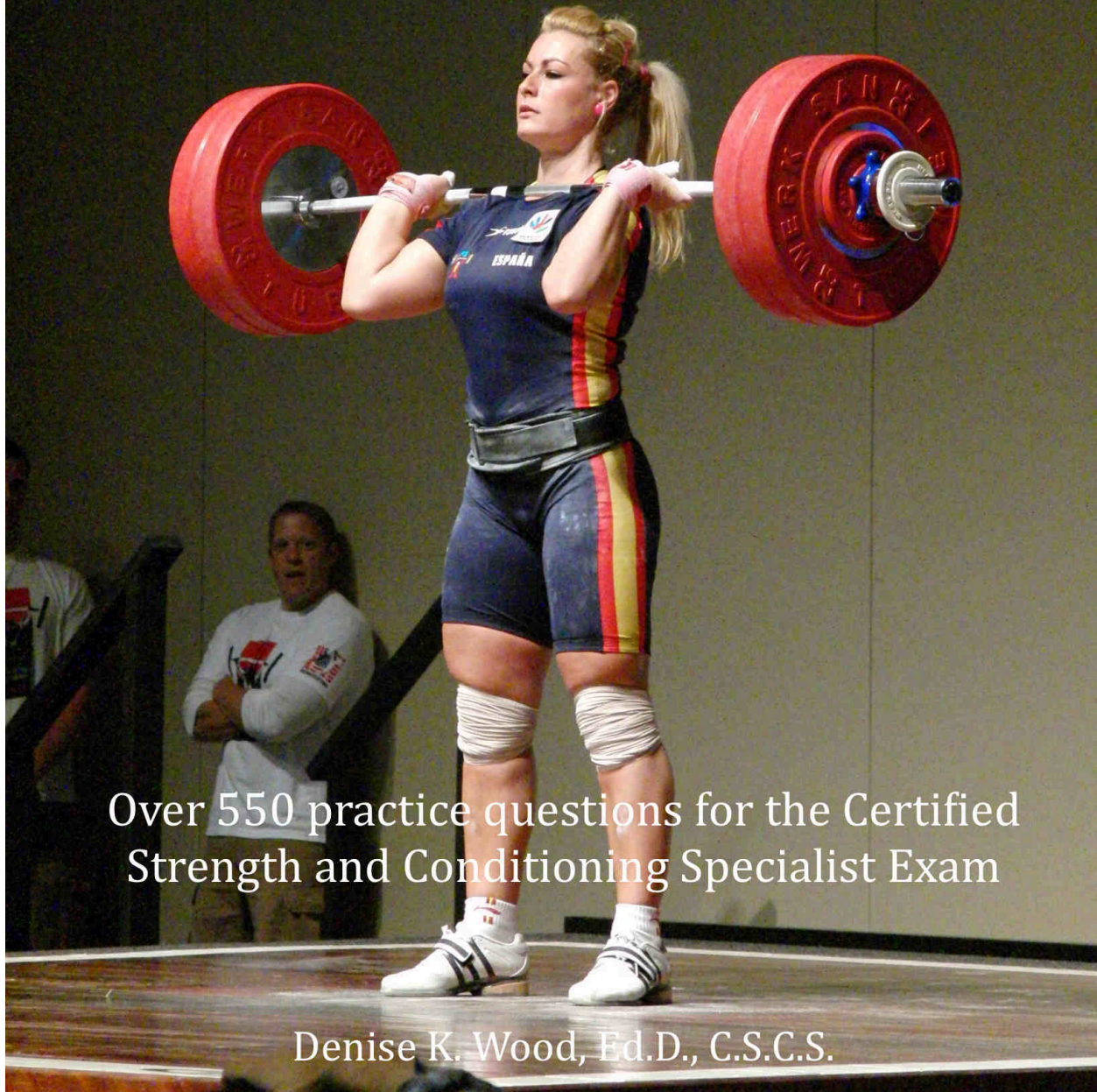


# CSCS TEST PREP QUESTIONS



Over 550 practice questions for the Certified  
Strength and Conditioning Specialist Exam

Denise K. Wood, Ed.D., C.S.C.S.

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## PREFACE

The National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS) credential is considered the gold standard for strength and conditioning professionals. Many institutions hiring prospective strength coaches require the CSCS for employment.

Passing the CSCS certification examination is quite difficult. Only 61% of those who attempt the exam actually pass. The exam covers a vast amount of material, which is presented in the required 22-chapter textbook, *Essentials of Strength Training and Conditioning*. Assessing your mastery of the required concepts before taking the CSCS exam is a key part of effective preparation.

The purpose of this e-book is to prepare you for the CSCS exam by providing numerous quiz questions on each of the 22 chapters of the text. Similar to the CSCS exam, the questions in this book

- are multiple choice,
- contain 4 response options,
- may contain images, and
- may contain 3-4 words or phrases with response options that require you to select exactly which word(s) or phrases(s) apply.

### NSCA Resources

The *NSCA Exam Candidate Handbook* provides detailed information about the exam, the requirements, and how to sign up for it. It can be downloaded at the NSCA website at

<http://www.nasca.com/certification/cscs/> .

The NSCA provides additional materials to help you prepare for the CSCS. A listing of official study materials published by the NSCA is also available at the link posted above.

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1. Which athlete is using the pectoralis major muscles as the agonists?



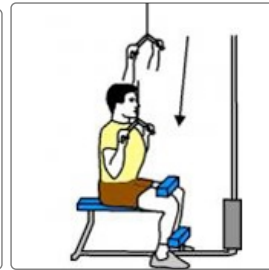
A



B



C



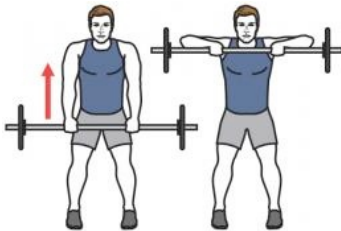
D

2. This shot putter's right hip is \_\_\_\_\_ and his trunk is \_\_\_\_\_.



- A. extended, hyperextended
- B. flexed, extended
- C. flexed, neutral
- D. extended, neutral

3. Through which plane is this athlete moving?



- A. sagittal
- B. frontal
- C. horizontal
- D. transverse

4. Karen has been training with resistances for three years. How has her body changed as a result of her training?

- A. increased mitochondrial density
- B. decreased force production
- C. increased body fat percentage
- D. increased fat free mass

5. The recruitment and decruitment of motor units in an orderly manner are governed by which of the following?

- A. all-or-none principle
- B. law of mass actions
- C. size principle
- D. overload principle

6. If Stan lifts weights with his right arm while his left arm is in a cast, his left arm will benefit due to which of the following?

- A. unilateral transfer
- B. cross-education
- C. crossfit
- D. There is no benefit.

7. The process of hypertrophy involves an increase in which of the following?

- I. actin
- II. myosin
- III. the number of myofibrils

- A. I
- B. I and II
- C. II and III
- D. I, II, and III

8. Mechanical loading results in \_\_\_\_\_ migrating to the bone surface for remodeling.

- A. osteocytes
- B. osteoblasts
- C. erythrocytes
- D. MES

9. In muscle cross-sectional area, women are \_\_\_\_\_ men.

- A. as strong as
- B. stronger than
- C. weaker than
- D. less dense than

10. The NCAA reported that female basketball players were \_\_\_\_ times more likely to incur an ACL tear than males.

- A. 2
- B. 4
- C. 6
- D. 8

11. Which of the following statements is TRUE?

- A. Testing for 1 RM is appropriate for assessing muscle strength in older adults.
- B. Static stretching should not be performed before activity for any populations.
- C. Women are about 2/3 as strong as men in relative strength.
- D. Repetitive-use injuries are of greater concern for young girls than for young boys.

12. In muscle cross-sectional area, women are \_\_\_\_\_ men.

- E. as strong as
- F. stronger than
- G. weaker than
- H. less dense than

13. The risk of epiphyseal plate fracture in children who train with weights is minimized by which of the following?

- A. proper instruction
- B. wrapping the stressed joints
- C. heavy loads
- D. ingesting creatine

14. Which of the following types of anxiety is related to the athlete's personality rather than a situation or experience?

- A. trait
- B. state
- C. competitive
- D. somatic

15. When a quarterback focuses on one receiver while ignoring all other activities, he is using \_\_\_\_\_.

- A. cue utilization
- B. his preparation routine
- C. concentration
- D. selective attention

16. This theory predicts the relationships between arousal and performance.

- A. MAS
- B. needs
- C. inverted-U
- D. achievement

17. Which theory or model explains a dramatic drop in an athlete's performance?

- A. optimal functioning theory
- B. catastrophe theory
- C. the Yerkes-Dodson model
- D. self-efficacy theory

18. According to Fitts and Posner, an athlete who can perform skills without thinking about them is at which stage of learning?

- A. cognitive
- B. autonomous
- C. associative
- D. diversification

19. Which of the following statements is TRUE?

- A. The higher the skill level, the better an athlete can handle varied levels of arousal.
- B. Less skilled athletes have a higher arousal point.
- C. Athletes who perform simple skills are more likely to become over-aroused.
- D. Introverts handle arousal better than extroverts.

20. Which of the following statements is TRUE?

- A. Skinfold assessments are the most accurate for obese individuals.
- B. Extreme obesity is indicated by a BMI equal to or greater than 50.
- C. BMIs are worthless in athletes who carry higher than average lean body masses.
- D. Waist circumferences lose their usefulness in individuals with a BMI over 45.



21. Which of the following is the strength and conditioning professional's responsibility regarding athletes who may have eating disorders?

- A. Refer when a problem is suspected.
- B. Provide nutritional information.
- C. Tell the athlete he/she looks fine.
- D. Require daily weigh-ins.

22. What is the approximate daily caloric need of a male athlete who performs heavy activity?

- A. 16 kcal/pound
- B. 17 kcal/pound
- C. 19 kcal/pound
- D. 23 kcal/pound

23. Fatty acids containing no double bonds are referred to as \_\_\_\_\_.

- A. monounsaturated
- B. unsaturated
- C. saturated
- D. polyunsaturated

24. The glycemic index of 100 is based on a standard related to which of the following foods?

- A. white bread
- B. peanuts
- C. honey
- D. brown rice

25. Which test characteristic could be impacted if test administrators are not properly trained?

- A. test validity
- B. test reliability
- C. tester subjectivity
- D. tester objectivity

26. You create a fitness test shows has a high positive correlation with the President's Fitness Test, the gold standard. Which of the following types of validity have you demonstrated?

- A. convergent
- B. face
- C. discriminant
- D. content

27. A valid performance test should emulate which of the following?

- I. energy requirements
- II. important movements
- III. mental demands
- IV. nutritional requirements

- A. I and III
- B. I and IV
- C. I, II, and IV
- D. I and II

28. Which of the following is the primary energy source both for low-speed and high-speed strength?

- A. creatine
- B. glycogen
- C. glucose
- D. ATP

29. The athlete's 1 RM load should be determined within how many attempts?

- A. 2-3
- B. 3-5
- C. 5-7
- D. 7-10

30. The ACSM standard position for women performing the push-up test is \_\_\_\_\_.

- A. the same as for men
- B. from the knees flexed at 90 degrees and the ankles crossed
- C. from the knees flexed at 120 degrees and the feet parallel
- D. Both A and B are acceptable.

31. What action(s) will allow the athlete to rise in the back squat?



- I. extend the hips
- II. extend the knees
- III. flex the knees
- IV. flex the hips

- A. I and III
- B. II and IV
- C. I and II
- D. III and IV

32. How high can an average male college basketball player jump vertically?

- A. 27-29 inches
- B. 29-32 inches
- C. 32-35 inches
- D. over 35 inches

33. An athlete can be disqualified during a trial of the T-test if which of the following occurs?

- I. failing to touch the base of any cone
- II. crossing one foot in front of the other
- III. failing to face forward throughout the test

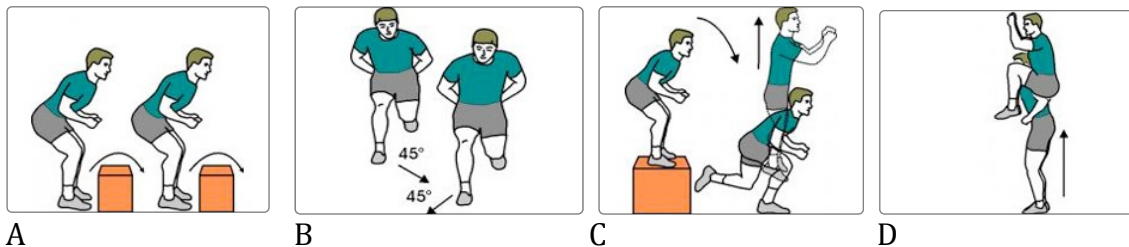
- A. I and II
- B. II only
- C. II and III
- D. I, II, and III

34. Which of the following characterizes high-speed backpedal running?

- I. Velocity is 60-80% of forward speed.
- II. Smaller ROMs occur at the hips, knee, and ankle joints.
- III. Stride frequency is decreased.
- IV. Support time is shorter.

- A. I and IV
- B. I and III
- C. I and II
- D. III and IV

35. Which of the following is the most intense type of plyometric exercise?



36. Where should the spotter stand for this tricep extension exercise?



- A. No spotter is needed.
- B. At the lifter's head.
- C. Straddling the lifter's trunk.
- D. Two spotters, one on each end of the bar.

## **AUTHOR BIO**

Dr. Denise K. Wood is a professor, sport scientist, and NSCA Certified Strength and Conditioning Specialist from Knoxville, TN. During her 42-year career as a professional educator, she has taught courses in the exercise, health, and sport sciences and has extensive academic experience in curriculum development, testing, and evaluation.

Dr. Wood is a former National Champion and member of the US Track and Field Team with many years of international competitive experience. Early in her athletic career, elite Olympic weightlifters and a former Soviet coach introduced her to new strength training techniques that became the focus of her graduate studies in skill acquisition and sport performance.

As Head Women's Strength Coach and Assistant Track and Field Coach at the University of Tennessee in the 1980s, Wood coached many Conference Champions and All-Americans. She has since trained elite youth athletes to Olympians and professionals in a variety of sports.

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