

CSCS Practice Test 2024- Questions with Answers

1. Depletion of which of the following substrates induces fatigue?
A. Phosphagens
B. Branch Chain Amino Acids
C. Lactic acid
D. Glucose Phosphagens
2. Which of the following stimulates muscle spindles?
A. Muscle tension change
B. Muscle size change
C. Force output change
D. Muscle length change Muscle Length Change
3. The size principle refers to which of the following?
A. Mitochondrial density
B. Muscle fiber length
C. Angle of pennation
D. Motor unit recruitment order Motor Unit Recruitment Order
4. The vertical jump is primarily performed in which anatomical plane?
A. Coronal
B. Sagittal
C. Transverse
D. Frontal Sagittal
5. The series elastic component (SEC) primarily reserves energy for plyometric action in what body structures?
A. Ligaments
B. Tendons
C. Joints
D. Muscle fibers Tendons
6. With consistent aerobic training, what are the possible adaptations?
A. Rise in percentage of body fat
B. Rise in ATP stores
C. Rise in capillary density in muscle fibers
D. Hypertrophy of Type II fibers Rise in Capillary Density in Muscle Fibers
7. Which of the following refers to artificially increasing red blood cell mass?
A. Blood transfusion
B. Oxygen surplus

Cscs Test Questions And Answers 360 Digger

Matthew Bowling



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CSCS Test Prep Joshua Rueda, 2021-03-15 Test Prep Books CSCS Test Prep Certified Strength and Conditioning Specialist Study Guide with Practice Questions for the NSCA CSCS Exam 4th Edition Book Made by Test Prep Books experts for test takers trying to achieve a great score on the CSCS certification exam This comprehensive study guide includes Quick Overview Find out what's inside this guide Test Taking Strategies Learn the best tips to help overcome your exam Introduction Get a thorough breakdown of what the test is and what's on it Exercise Sciences Sport Psychology Nutrition Exercise Technique Program Design Organization and Administration Testing Ongoing Monitoring and Data Evaluation Practice Questions Practice makes perfect Detailed Answer Explanations Figure out where you went wrong and how to improve Disclaimer CSCS R and Certified Strength and Conditioning Specialist R are registered trademarks of the National Strength and Conditioning Association Neither this publication nor the publisher have any affiliation with or any recognition sponsorship or endorsement by the NSCA Studying can be hard We get it That's why we created this guide with these great features and benefits Comprehensive Review Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test Practice Test Questions We want to give you the best practice you can find That's why the Test Prep Books practice questions are as close as you can get to the actual CSCS test Answer Explanations Every single problem is followed by an answer explanation We know it's frustrating to miss a question and not understand why The answer explanations will help you learn from your mistakes That way you can avoid missing it again in the future Test Taking Strategies A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies These strategies are necessary to properly use the time provided They also help test takers complete the test without making any errors Test Prep Books has provided the top test taking tips Customer Service We love taking care of our test takers We make sure that you interact with a real human being when you email your comments or concerns Anyone planning to take this exam should take advantage of this Test Prep Books study guide Purchase it today to receive access to CSCS review materials CSCS practice exam questions Test taking strategies [CSCS Study Guide: Practice Exam Questions and Complete Study Materials for the Certified Strength and Conditioning Specialist Test](#) Cscs Exam CSCS Exam Prep Team, 2015-10-07 CSCS Study Guide Practice Exam Questions Complete Study Materials for the Certified Strength and Conditioning Specialist Test Developed for test takers trying to score well on the CSCS exam this comprehensive study guide includes Introduction Getting Ready For Test Day General Strategies Reading and Language Arts Social Studies Mathematics Science Health and Physical Education The Arts Practice Test Questions Detailed Answer Explanations Post Exam Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the CSCS exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the

future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the CSCS exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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