
CSCS Practical/Applied Practice Questions with correct answers

A college basketball coach would like to know which one of her players has the most muscular power. Which of the following is the MOST valid test for measuring muscular power?

- a. vertical jump
- b. 1RM bench press
- c. 5RM squat
- d. 100 m (109-yard) sprint Answer ✓ ✓ a

When measuring maximal strength of a soccer player , which of the following could potentially adversely affect the test-retest reliability of the results?

- I. using multiple testers
 - II. retesting at a different time of day
 - III. an athlete's inexperience with the tested exercise
 - IV . using an established testing protocol
- a. I and III only
 - b. II and IV only
 - c. I, II, and III only
 - d. II, III, and IV only Answer ✓ ✓ c

All of the following procedures should be followed when testing an athlete's cardiovascular fitness in the heat EXCEPT

- a. performing the test in an indoor facility
- b. using salt tablets to retain water
- c. scheduling the test in the morning

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RC Schank



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