The NSCA’s Basic Guidelines for the Resistance Training of Athletes

Note: This quiz may be used by the CSCS- and NSCA-Certified Personal Trainer to acquire 0.5 CEUs.
The article for this quiz begins on page 14.

1. Which of the following is an example of an exercise that appears to be the most effective at improving functional capabilities of older individuals?
   A. leg (knee) curl
   B. seated chest press
   C. lateral shoulder raise
   D. lat pulldown

2. Single-set training protocols appear to be most effective for:
   A. well-resistance-trained athletes.
   B. the hypertrophy/endurance phase.
   C. promoting greater training variation.
   D. the initial nine training sessions

3. Which of the following is the major goal of the hypertrophy phase of a periodized resistance training program?
   A. promote low volume training using heavy loads
   B. maximize strength and power
   C. serve as the lead-in to the peaking phase
   D. increase adaptation to resistance exercise

4. Which of the following is a primary value of the nonlinear method of periodized resistance training?
   A. better training application to sports with extended seasons
   B. fewer training cycles can be completed in a year
   C. superior training application to sports with a specific peak competition
   D. reduced assignment of training specificity

5. If all of the following exercises are performed in one training session, which of the following should be performed first?
   A. upright row
   B. barbell pullover
   C. step up
   D. leg (knee) extension

6. Which of the following is a goal of the base training phase of the nonlinear model of a periodized resistance training program?
   A. learn proper exercise technique
   B. encourage rapid hypertrophy gains
   C. incorporate moderate loads at moderate volumes
   D. prepare the body for the competition phase

7. How should resistance training programs for children be modified?
   I. decrease overall training volume
   II. increase time between training sessions
   III. decrease use of free weight exercises
   IV. increase rate of load progression
   A. I and II only
   B. III and IV only
   C. I and III only
   D. II and IV only

8. Which of the following describes the relationship between volume and load throughout the phases of a periodized resistance training program (except for the active rest phase)?
   A. direct
   B. inverse
   C. curvilinear
   D. equal

9. How should resistance training programs for older individuals be modified?
   A. reduce training specificity
   B. lengthen time between workouts
   C. decrease emphasis on functional capabilities
   D. direct more attention to training Type I fibers

10. In addition to improved neuromuscular efficiency, which of the following changes occur within the first several resistance training sessions to improve force capabilities?
    A. greater number of actin filaments
    B. hypertrophy of myosin filaments
    C. increased myosin ATPase concentration
    D. enhanced neural activation of motor units

The answers to this quiz will appear in Vol. 22(5).

Answers to the CEU Quiz in Vol. 21(2) of the Strength and Conditioning Journal
**CSCS and NSCA-Certified Personal Trainer CEU Quiz Answer Form**

The NSCA's Basic Guidelines for the Resistance Training of Athletes (pages 14–27)

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**Directions:**

Fill in the circle that represents your selection of the best answer for each question. To receive 0.5 CEUs, you must (1) answer 70% of the questions correctly, (2) complete the form below (a photocopy is acceptable), (3) include a $15 (U.S. funds) processing fee, and (4) mail these by October 2, 2000, to:

**NSCA Certification Commission**
**1640 L Street, Suite G**
**Lincoln, NE 68508**

As of April 15, 1999, the NSCA Certification Commission will destroy all quiz answer forms after processing. Please photocopy this answer form for your records before submitting it to the Commission.

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