1. According to the article, all of the following are suggested training program guidelines EXCEPT?
   A. Focus attention on all exercises for the prime movers
   B. Occasionally insert a “rest week” of light training
   C. Regularly vary the exercises selected
   D. Limit workouts to 1 hour

2. As force requirements increase, which of the following recruitment patterns accurately reflects the “size principle” of motor unit recruitment?
   A. Low to high threshold
   B. Parasympathetic to sympathetic neurons
   C. Large to small motor units
   D. FOG to SO muscle fibers

3. Though the authors recommend varying the tempo of an exercise, which of the following describes the maximum recommended total time under tension?
   A. 3 seconds
   B. 5 seconds
   C. 20 seconds
   D. 70 seconds

4. All of the following were suggested as methods to maximize the effectiveness and efficiency of a training session that is primarily focused on neural adaptations EXCEPT:
   A. Back-to-back sets for opposing muscle groups
   B. Large number of different exercises per muscle group
   C. Agonist versus antagonist muscle groups
   D. Compound or multi-joint exercises

5. As compared to neural training, which of the following describes an effective hypertrophy training program?
   A. Greater number of sets/exercise, greater number of reps, greater number of exercises
   B. Fewer number of sets/exercise, greater number of reps, greater number of exercises
   C. Fewer number of sets/exercise, fewer number of reps, greater number of exercises
   D. Fewer number of sets/exercise, greater number of reps, fewer number of exercises

6. Which of the following may result from the fatigue that accompanies a hypertrophy training program?
   I. Metabolic or hormonal changes
   II. Reduced mechanical stress
   III. Proportionate Increase in muscular strength
   IV. Greater damage to the muscle
   A. I and III only
   B. II and IV only
   C. III and I only
   D. I and IV only

7. All of the following are benefits to inserting a neural-training cycle during a hypertrophy training program EXCEPT?
   A. Adaptations can be attributed to contractile protein hypertrophy
   B. Adaptations allow heavier loads to be lifted at a given number of repetitions
   C. Current levels of noncontractile collagen can be hypertrophied
   D. Previously underutilized muscle fibers can be trained

8. Which of the following describes variation in the movement pattern of the back squat?
   A. Increasing the time under tension
   B. Adding more sets to the program
   C. Completing the exercise earlier in the workout
   D. Performing the exercise in a Smith machine

9. As compared to hypertrophy training, which of the following describes an effective nervous-system training program?
   A. Shorter rest intervals, larger number of sets/exercise, heavier loads
   B. Longer rest intervals, fewer number of sets/exercise, heavier loads
   C. Longer rest intervals, larger number of sets/exercise, lighter loads
   D. Longer rest intervals, larger number of sets/exercise, heavier loads

10. When classifying a program as either hypertrophic or neural, which of the following is the most important training variable?
    A. Time under tension
    B. Rest between sets
    C. Load intensity
    D. Exercise selection
CSCS and NSCA-Certified Personal Trainer
CEU Quiz Answer Form

Varying Neural and Hypertrophic Influences in a Strength Program
(pages 30–35)

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 June 6, 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.

Last Name ___________________________ First ___________________________ MI ______
Mailing Address ____________________________________________________________
City_________________________ State/Province___________ Zip/Postal Code __________
Daytime Phone Number __________________________
Certificate (Not Membership) Number ________________________________
☐ Check here if this is a new address

Payment Information
☐ Check or Money Order (U.S. funds only) payable to: NSCA Certification Commission
☐ Visa ☐ MasterCard Account Number ________________________________
Expiration Date ______________ Signature ____________________________________

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 June 6, 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.

Last Name ___________________________ First ___________________________ MI ______
Mailing Address ____________________________________________________________
City_________________________ State/Province___________ Zip/Postal Code __________
Daytime Phone Number __________________________
Certificate (Not Membership) Number ________________________________
☐ Check here if this is a new address

Payment Information
☐ Check or Money Order (U.S. funds only) payable to: NSCA Certification Commission
☐ Visa ☐ MasterCard Account Number ________________________________
Expiration Date ______________ Signature ____________________________________