The Stiff-Legged Deadlift

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 7.

1. An isometric contraction of which of the following muscles maintains scapular retraction during the SLD?
   A. quadratus lumborum
   B. rhomboids
   C. erector spinae
   D. pectoralis major

2. Due to the complex structure of the lumbar spine, which of the following motions subject the spine to the greatest torque?
   A. lateral flexion
   B. hyperextension
   C. flexion and rotation
   D. transverse rotation

3. Though the name “stiff-legged deadlift” is the most accurate description, which of the following names has been used interchangeably?
   A. Romanian deadlift
   B. straight-legged deadlift
   C. bent-legged deadlift
   D. competition-style deadlift

4. Concerning the anatomy of the lumbar spine, which of the following structures is LEAST impacted during the SLD?
   A. spinous processes
   B. lumbar discs
   C. posterior articular facets
   D. intervertebral foramen

5. “Setting the back” results in which of the following lumbar positions?
   A. kyphotic
   B. lordotic
   C. erect
   D. convex

6. Which of the following is another term to describe the suggested grip for the SLD?
   A. pronated
   B. supinated
   C. neutral
   D. alternated

7. The most common chronic and acute injuries that occur to the lower back that can be a result of improper technique of the SLD include:
   I. large annular tears that result in posterior nuclear protrusions
   II. small annular tears that result in intervertebral disk degeneration
   III. large annular tears that result in anterior nuclear protrusions
   IV. small annular tears that result in chronic intervertebral disk dehydration.
   A. III only
   B. III and IV only
   C. I and II only
   D. I, II, and IV only

8. According to the article, which of the following changes in spinal movement should NOT involve ballistic motion when performing the SLD?
   A. flexion to extension
   B. extension to flexion
   C. hyperextension to flexion
   D. extension to hyperextension

9. How many planes of movement does the lumbar spine allow?
   A. 1
   B. 2
   C. 3
   D. 4

10. In addition to the intervertebral joints, which of the following flex during the downward movement phase of the SLD?
    A. knee
    B. elbow
    C. hip
    D. ankle (dorsiflexion)

The answers to this quiz will appear in Vol. 21(6).

Answers to the CEU Quiz in Vol. 21(4) of the Strength and Conditioning Journal
**CSCS and NSCA-Certified Personal Trainer CEU Quiz Answer Form**

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(pages 7–14)

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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 December 3, 1999, 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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