Periodization Research and an Example Application

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 62.

1. Which of the following aspects of training are given the least attention or are greatly reduced during the competition period of a periodized program?
   A. volume
   B. skill practice
   C. intensity
   D. game strategy

2. According to the article’s guidelines, what is the condition that indicates the training load can be increased for the next workout?
   A. one extra rep in the last set was completed
   B. the same loads were lifted in two consecutive workouts
   C. a 1RM was established for each exercise
   D. a 5% load increase was not able to be lifted

3. All of the following are goals of periodization EXCEPT:
   A. eliminate the possibility of overtraining
   B. avoid peaking at the wrong time
   C. retain training status during a season
   D. add purposeful variety to the overall program

4. Which two of the following are included in a training program’s needs analysis?
   I. determine the unique characteristics of the sport
   II. choose exercises that are related to the sport
   III. evaluate the training status of the individual
   IV. assign the proper load and number of repetitions
   A. I and IV only
   B. I and III only
   C. II and III only
   D. II and IV only

5. From the shortest duration to the longest, which of the following is the correct order of the three stages of periodization?
   I. mesocycle
   II. microcycle
   III. macrocycle
   A. I, II, III
   B. III, I, II
   C. II, I, III
   D. I, III, II

6. Which of the following phases of the periodization application example first adds a “resistance factor” to the speed training program?
   A. strength
   B. power
   C. competition
   D. hypertrophy

7. At the beginning of the preparatory period of a periodized program, which of the following repetition maximums (RMs) is appropriate for the bench press exercise?
   A. 5RM
   B. 8RM
   C. 12RM
   D. 20RM

8. Which of the following periods of a periodized program is characterized by non-sport-specific training modes?
   A. competition
   B. active rest
   C. preparatory
   D. peaking

9. Which of the following factors will help an individual hold a peaked condition for a maximum amount of time?
   A. perform PNF flexibility exercises during the previous training phases
   B. maintain a high volume resistance training program
   C. schedule the competitions to occur during the easier transition weeks
   D. develop a plan to minimize physical and mental stress

10. Which of the following is a reason why a periodized program aids in recuperation and adaptation to high intensity training more than simply continuing to increase the training load over time?
    A. low and high intensity phases are interspersed
    B. exercises for all body parts are included
    C. only sport-specific exercises involve high intensity training
    D. all forms of training variation are discouraged

The answers to this quiz will appear in Vol. 25(1).

Answers to the CEU Quiz in Vol. 24(5) of the Strength and Conditioning Journal

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### CSCS and NSCA-CPT CEU Quiz Answer Form

| Periodization Research and an Example Application (Pages 62-70) |
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**Instructions:** Fill in the circle that represents your selection of the best answer for each of the previous questions. 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) payment to the NSCA Certification Commission, and (4) mail by February 1, 2003, to:

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