Emergency Procedures for the Strength and Conditioning Coach

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. If an individual is unconscious, what is the first emergency procedure?
   A. activate EMS
   B. check airway
   C. look for bleeding
   D. lift the individual’s chin

2. Which of the following is a phrase spoken by individuals that often is associated with an ankle sprain?
   A. “something popped”
   B. “I pulled something”
   C. “something popped but it popped back in”

3. If a head-to-toe survey reveals fluid coming from the nose, what is the next emergency procedure?
   A. palpate the clavicles
   B. apply pressure to the abdomen
   C. immobilize the head
   D. ask the individual to take a deep breath

4. Which of the following is a recommended method to restore circulation to an area affected by frostbite?
   A. a light fingertip massage
   B. immersion in a steaming whirlpool or jacuzzi
   C. gentle release of fluid in any blisters
   D. gradual restoration with warm water

5. Which of the following is a sign or symptom of shock?
   A. persistent muscle cramps
   B. anorexia
   C. hot, dry skin
   D. hypotension

6. What level of risk is the WBGT if T_{w(b)} is 70°F, T_{d}(g) is 90°F, and T_{r(h)} is 80°F?
   A. low
   B. moderate
   C. high
   D. extreme

7. All of the following are telltale body areas to check for circulation when an individual is not breathing EXCEPT:
   A. skin
   B. fingernail beds
   C. tongue
   D. lips

8. If a team from Alaska travels to Phoenix in June to play in a sporting event, what is the minimum number of days the team needs to exercise in the hot, arid environment to become adjusted?
   A. 7
   B. 10
   C. 14
   D. 20

9. Which of the following is a sign or symptom of heat stroke?
   A. accelerated heart rate
   B. excessive thirst
   C. hypertension
   D. diarrhea

10. How much time out of a 60 minute outdoor training session should be allocated to rest breaks during extreme heat conditions?
    A. 50 minutes
    B. 15 minutes
    C. 10 minutes
    D. 5 minutes

The answers to this quiz will appear in Vol. 25(2).

Answers to the CEU Quiz in Vol. 24(6) of the Strength and Conditioning Journal
CSCS and NSCA-CPT
CEU Quiz Answer Form

Emergency Procedures for the Strength and Conditioning Coach
(Pages 7-18)

A  B  C  D
1.  ○  ○  ○  ○
2.  ○  ○  ○  ○
3.  ○  ○  ○  ○
4.  ○  ○  ○  ○
5.  ○  ○  ○  ○
6.  ○  ○  ○  ○
7.  ○  ○  ○  ○
8.  ○  ○  ○  ○
9.  ○  ○  ○  ○
10. ○  ○  ○  ○

Certification Number

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Please use certification number (not membership number) and fill in the appropriate corresponding circle.

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 April 1, 2003, to:

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