

Certified Strength and Conditioning Specialist Exam Dumps Get Success With Minimal Effort



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NSCA Certified Strength and Conditioning Specialist Sample Questions (Q119-Q124):

NEW QUESTION # 119

Safety helmets can be uncomfortable to wear, what should you do when the weather is really hot?

- A. Wear it tilted to the right side
- **B. Wear it according to the manufacturer's instructions**
- C. Wear it tilted backwards
- D. Wear it tilted to the left side

Answer: B

Explanation:

Explanation/Reference:

NEW QUESTION # 120

Isokinetic testing has revealed which of the following regarding muscle torque and joint angular velocity?

- A. During eccentric exercise as joint angular velocity decreases, maximal torque capability increases until about 90/s
- B. During eccentric exercise as joint angular velocity increases, maximal torque capability decreases until about 90/s
- **C. During concentric exercise torque capability decreases as angular velocity increases**
- D. During concentric exercise torque capability increases as angular velocity increases

Answer: C

NEW QUESTION # 121

Which of the following is an appropriate rest interval for a 1600m runner performing 400m high-intensity intervals at greater than V02 max in 53 seconds?

- **A. 4 minutes 25 seconds**
- B. 1 minute 46 seconds
- C. 53 seconds
- D. 8 minutes 50 seconds

Answer: A

NEW QUESTION # 122

A motor neuron excites the muscle fibers it innervates by releasing which of the following?

- A. Serotonin
- B. Epinephrine
- **C. Acetylcholine**
- D. Dopamine

Answer: C

NEW QUESTION # 123

A high myoglobin content is a characteristic of which muscle fiber type?

- A. Type IIx
- B. Type IIa
- C. Type III
- **D. Type I**

Answer: D

NEW QUESTION # 124

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