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NSCA Certified Strength and Conditioning Specialist Sample Questions (Q563-Q568):

NEW QUESTION # 563

What represents a mode of training that can be used to maintain general conditioning in athletes during periods of reduced training due to injury or during recovery from a training cycle?

- A. Resistance Training

- B. Detraining
- C. Tapering
- **D. Cross Training**

Answer: D

NEW QUESTION # 564

A 14 year old female has been resistance training 3 times a week for 5 weeks. Which of the following adaptations contribute the MOST to her strength gains?

- A. Increased Number of Muscle Fibers
- B. Increased Muscle Fiber Size
- C. Greater Blood Serum Growth Hormone Concentrations
- **D. Increased Motor Unit Activation**

Answer: D

NEW QUESTION # 565

An evaluation of the requirements and characteristics of the sport and an athlete assessment is known as?

- A. Exercise selection
- B. Conditioning analysis
- C. Strength assessment
- **D. Needs analysis**

Answer: D

NEW QUESTION # 566

A baseball player is performing 4 sets of the deadlift exercise. What is the volume load of the workout below?

Set 1 Set 2 Set 3 Set 4

Load Reps Load Reps Load Reps Load Reps

1 35 10 225 6 275 6 330 2

- A. 0
- B. 1
- **C. 2**
- D. 3

Answer: C

NEW QUESTION # 567

Which of the following athletes require the highest amount of protein per kilogram of bodyweight?

- A. A 20 year old male in a general fitness program
- B. A 22 year old female cross country runner
- **C. A 21 year old wrestler on a reduced calorie diet in order to make weight**
- D. A 23 year old college football offensive lineman

Answer: C

NEW QUESTION # 568

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