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NSCA CSCS Certified Strength and Conditioning Specialist

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NSCA CSCS Certification Exam is a challenging and highly respected certification in the strength and conditioning industry. Candidates who successfully pass the exam demonstrate their knowledge and expertise in the field and are recognized as highly qualified professionals. If you are considering a career in strength and conditioning, the CSCS Certification is an excellent step towards achieving your career goals.

## **NSCA Certified Strength and Conditioning Specialist Sample Questions (Q22-Q27):**

### **NEW QUESTION # 22**

A core exercise that emphasizes loading of the spine directly or indirectly is known as?

- A. Functional exercise
- B. Assistance exercise
- C. Sport Specific exercise
- **D. Structural exercise**

**Answer: D**

### **NEW QUESTION # 23**

The upward movement phase of the tire flip is initiated by which of the following motions?

- A. Hip extension, knee extension, biceps flexion
- B. Hip extension, knee extension, triceps extension
- **C. Hip extension, knee extension, ankle plantarflexion**
- D. Hip flexion, knee extension, biceps flexion

**Answer: C**

### **NEW QUESTION # 24**

You are watching a video of a sprinter at maximum velocity, during the early support phase you notice excessive forward rotation of the tibia over the ankle. This represents a deficiency in which of the following?

- **A. Eccentric Plantarflexion**
- B. Concentric Plantarflexion
- C. Eccentric Knee Flexion
- D. Concentric Knee Flexion

**Answer: A**

### **NEW QUESTION # 25**

A pre-competition meal is MOST important for which of the following athletes?

- **A. A 29 year old competing in a marathon at 8AM**
- B. A 34 year old competing in a 5K at 8AM
- C. A 20 year old that has a wrestling match at 12 noon.
- D. A 22 year old that has a basketball game at 6PM

**Answer: A**

### **NEW QUESTION # 26**

A nutritionist is testing a male basketball player using the Jackson Pollack 3 site body composition formula. Which of the following skinfold sites should be used?

- A. Triceps, suprailiac, thigh

