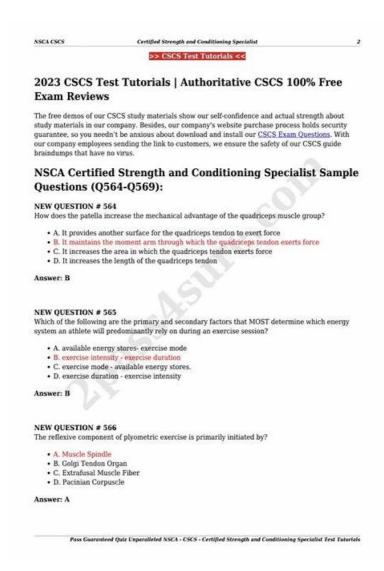
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NSCA Certified Strength and Conditioning Specialist Sample Questions (Q393-Q398):

NEW OUESTION #393

The BEST way to assess the amount of fluid an athlete lost during a single workout is the

- A. Urine color compared to a standard color chart
- B. Frequency of urination during a 24 hour period
- C. Amount of urine produced during the rehydration period measured in ounces
- D. Change in the athlete's weight observed on a balance scale

Answer: D

NEW QUESTION #394

Which of the following is a technique error during the performance of the upward movement phase of the step up that needs correcting?

- A. At highest position paused before beginning the downward phase
- B. Pushed off with the trailing leg
- C. Entire foot of the lead leg placed on the box
- D. Torso kept erect

Answer: B

NEW QUESTION #395

Which of the following responsibilities would be MOST important for the Strength and Conditioning Director?

- A. Assist with spotting
- B. Enforce facility rules
- C. Stay updated on the latest strength and conditioning research
- D. Assist in cleaning of the facility

Answer: C

NEW OUESTION #396

A softball player is rehabilitating her shoulder and utilizing the De Lorme resistance training program. She is ready for her third and final set of the standing dumbbell lateral raise exercise. Which of the following repetition and load schemes should she choose?

- A. 10 repetitions at 50% of the 10 RM
- B. 5 repetitions at 100% of the 10 RM
- C. 5 repetitions at 75% of the 10 RM
- D. 10 repetitions at 100% of the 10 RM

Answer: D

NEW QUESTION #397

You have decided to include tire flips as part of the offseason conditioning program for the offensive lineman on the college football team. All of the following are true with regards to tire selection and exercise setup EXCEPT?

• A. The exercise surface should be hard

- B. The exercise surface should allow good traction of
- C. The tire should not be shorter than the athlete
- D. Tires with good tread are easier to grip

Answer: C

NEW QUESTION #398

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