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2023 RSCC RENEWAL COURSE QUIZ

Module #1: Effective and Analytical Decision Making in Strength and Conditioning

Source (Question #1-5): Weakley et al. (2023) – Testing and Profiling Athletes: Recommendations for Test Selection, Implementation, and Maximizing Information – Strength and Conditioning Journal

1. **True or False:** The authors identified ranking, measuring, and prescription as necessary qualities for selecting an exercise test; A minimum of one of these qualities is recommended for test selection.
 - a. True
 - b. False
2. A coach using GPS to monitor the peak velocity during maximal effort sprints at the end of a warm-up or in practice is an example of which process?
 - a. Invisible Monitoring
 - b. Parallel Monitoring
 - c. Readiness Testing
3. What is a coaching behavior that can improve performance testing reliability and outcomes?
 - a. Introducing new testing procedures
 - b. Leading a sport-specific pre-test warm-up
 - c. Providing similar levels of encouragement at each testing occasion
4. **True or False:** According to the authors, the isometric midthigh pull (IMTP) assessment has greater prescriptive and programming value than the 1-3RM back squat test.
 - a. True
 - b. False
5. When selecting performance technology, the accuracy of each _____ must be considered to ensure test validity.
 - a. Outcome Measure
 - b. Testing Order
 - c. Testing Protocol

Source (Question #6-10): Dr. Duncan French – Effective Decision-Making in Strength and Conditioning – 2023 National Conference Video

6. Which four factors were identified for making effective training decisions?
 - a. Analysis, Modifications, Risk Profiling, and Decision Impact
 - b. Background, Plan, Process, and Outcome
 - c. Time, Cognition, Complexity, and Suitability
7. In sport psychology, what does the Prospect Theory suggest related to athlete performance?
 - a. An athlete fears losing to a greater extent than the prospect of winning
 - b. An athlete's prospects of success are a distraction to performance
 - c. An athlete's fear of negative attention compounds in team environments
8. Directional guidance _____ complexity and _____ efficiency.
 - a. Increases; Reduces
 - b. Reduces; Increases
 - c. Reduces; Reduces
9. In the presented strength-power paradigm, power is to rate, as capacity is to _____.
 - a. Regulation
 - b. Efficiency
 - c. Availability
10. **True or False:** The presented decision tree is a pathway for UFC fighters to progress from strength development into power profiling.
 - a. True
 - b. False

Module #2: Olympic Weightlifting for Sport

Source (Question #11-15): Comfort et al. (2023) – National Strength and Conditioning Association Position Statement on Weightlifting for Sports Performance – Journal of Strength and Conditioning Research

11. **True or False:** According to the authors, due to the lower barbell displacement to successfully perform a clean, versus a snatch, the loads lifted in the clean are typically 18-20% heavier. [pp.1164]
 - a. True
 - b. False
12. Identify the phase of the clean and snatch when the greatest force, rate of force development (RFD), and power output are generated. [pp.1164]
 - a. First Pull
 - b. Transition
 - c. Second Pull

13. When teaching the clean, which method of instruction is advocated by the NSCA and International Weightlifting Federation? [pp.1171-1172]
- Forward Chaining
 - Reverse Chaining
 - Lateral Chaining
14. **True or False:** Verbal instruction for teaching and coaching weightlifting movements should be detailed and internally focused. [pp.1175-1176]
- True
 - False
15. What is the recommended maximum coach-to-athlete ratio for coaching youth athletes to ensure proper weightlifting technique and establish a safe training environment? [pp.1179-1180]
- 1:10
 - 1:12
 - 1:15

Source (Question #16-20): Ryan Metzger – How to Coach and Teach Olympic Lifting in a Team Setting – 2023 NSCA Coaches Conference Video

16. Why is the front squat important to teach as part of a clean progression?
- Requires the athlete to handle heavier loads
 - Teaches the catch position of the clean
 - Develops quadriceps strength to enhance the first pull
17. According to the presenter, why is it important to avoid bending the elbows during the barbell RDL-to-Shrug sequence?
- Strain on the cervical spine
 - Loss of rhythm
 - Loss of power
18. What is the initial phase of the demonstrated snatch progression?
- Banded (Body Weight) Overhead Squat
 - Snatch Grip Barbell RDL
 - Hang Snatch
19. The appropriate snatch grip width places the bar at the height of the _____?
- Mid-thigh
 - Abdomen
 - Hip pocket

20. What is a recommended strategy for the instruction of Olympic lifts in large group settings?
- Rotating groups and stations
 - Coaching positions on a cadence
 - Using lighter barbells

Module 3: Coaching Roles and Expectations

Source (Question #21-25): Andy Gillham – The Importance of Boundaries and Roles for Coaches – NSCA Coach, 9(4), November 2022

21. **True or False:** Communicating more frequently is a universal solution for improving effective communication with sport coaches.
- True
 - False
22. Two identified components of relationships between strength and conditioning coaches and sport coaches include role _____ and role _____.
- Collaboration; Organizational
 - Identity; Effectiveness
 - Clarity; Acceptance
23. **True or False:** According to the article, both the sport coach and strength and conditioning coach are responsible for providing guidance for the effective training of athletes?
- True
 - False
24. Which of the following is a strategy that a multi-sport college strength and conditioning coach might use to establish effective boundaries with a sport coach?
- Ranking the requests of sport coaches by season
 - Ensuring that you are agreeable to the requests of the sport coach
 - Clearly communicating other job responsibilities
25. **Coaching Scenario:** A sport coach sends the strength and conditioning coach a frustrated text message asking about the previous weight room workout of a player who appeared sluggish in practice earlier that afternoon. The strength and conditioning coach sees the message pop up on her apple watch during another team's workout. **Choose an appropriate response based on the article.**
- Respond immediately with a detailed description of the workout
 - Reply once available saying, "Hi Coach, Sorry to hear about practice. Can I come to your office in the morning, and we can discuss what you saw? I'll be in at 5:30am before my first team and then have a break from 7:30-9am. Let me know a good time to stop by."
 - Ignore the message and visit the coach's office the next day

Source (Question #26-30): Chris DeAngelis – Proper Alignment of Expectations for Strength and Conditioning Practitioners – NSCA Coach, 10(2), May 2023

26. What is the purpose of the A-C-T-S process for strength and conditioning coaches?
- To compare your current work environment to characteristics from other areas of the profession
 - To identify and document unmet expectations by an employer
 - To engage in an intentional and reflective thought process which accounts for past and current working environments.
27. In A-C-T-S, *assess* refers to the role of the strength and conditioning coach in reflecting on the _____ of their current position.
- Capacity
 - Demands
 - Expectations
28. **True or False:** In A-C-T-S, *consider* is related to the opportunity for growth and development, including strength and conditioning program needs and priorities.
- True
 - False
29. **True or False:** A-C-T-S is a passive process that relies on the ability of the strength and conditioning coach to demonstrate patience and perseverance towards unmet expectations and challenges in the workplace.
- True
 - False
30. The A-C-T-S approach is designed as a mechanism of reflecting on coaching environments in a way that balances expectations with existing _____ and realistic _____.
- Facilities; Funding
 - Outcomes; Goals
 - Potential; Needs

To contact the RSCC program directly, email rsc@nsca.com