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**2025 RSCC RENEWAL COURSE QUIZ**

**Module #1: Enhancing Athlete Safety and Well-Being**

**Source (Question #1-5):** Judge, LW., Moore, M., and Bellar, D. Optimizing Athlete Safety: Advanced Strategies for Preventing Exertional Heat Stroke in Collegiate Football Through Strength and Conditioning Interventions. *Journal of Strength and Conditioning Research* 39(6), p. 711-719, June 2025

1. At what core body temperature does exertional heat stroke occur?
  - a. 100°F (37.8°C)
  - b. 102°F (38.9°C)
  - c. 104°F (40.5°C)
2. What do Wet Bulb Globe Temperature (WBGT) monitors measure to help prevent heat illness?
  - a. Skin surface temperature
  - b. Sweat rate during activity
  - c. Environmental heat stress conditions
3. **True or False:** Linemen are disproportionately affected by exertional heat illness due to higher metabolic heat production and reduced heat dissipation capacity.
  - a. True
  - b. False
4. What is the most appropriate timeframe for a preseason heat acclimatization plan?
  - a. 4-6 days
  - b. 7-14 days
  - c. 15-21 days

5. Which of the following best describes exertional heat stroke?

- a. Life-threatening medical condition with central nervous system dysfunction
- b. Mild condition characterized by sweating and muscle cramping
- c. Temporary condition caused by dehydration

**Source (Question #6-10):** Mews, I., Puetz, T., and Cleveland, R. Practitioner Response Framework – How to React to Your Athletes, *NSCA Coach* 12(3), p. 22-26, August 2025

6. **True or False:** Strength and conditioning coaches, though not mental health professionals, can help promote positive mental health skills essential to athletic success.

- a. True
- b. False

7. Which of the following best demonstrates responding with kindness and empathy during an athlete interaction?

- a. Offering immediate solutions to fix the athlete's concern
- b. Maintaining eye contact and open body language while listening
- c. Redirecting the conversation to training goals

8. Which of the following is NOT one of the categories used when evaluating an athlete's concern?

- a. Applied performance concern
- b. Emergent threat
- c. Nutritional deficiency

9. What is the correct action when an athlete presents with a mental health concern?

- a. Encourage them to push through and focus on training
- b. Monitor the athlete during training and reassess next week
- c. Refer them to an appropriate mental health resource

10. **Fill in the Blank:** If an emergent threat is recognized, all pertinent information should be \_\_\_\_\_ to ensure accountability and continuity of care.

- a. Discussed
- b. Delegated
- c. Documented

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## Module #2: Mastering Key Training Concepts

**Source (Question #11-15):** Thurlow, F., McLaren, S.J., Townshend, A., and Weakley, J. The Application of Repeated-Sprint Training. *Strength and Conditioning Journal* 47(4), p. 398-413, August 2025

11. **True or False:** Repeat sprint training (RST) is an effective and time-efficient high-intensity interval training method that involves short-duration sprints and brief recovery periods.
- a. True
  - b. False
12. Which of the following sport groupings have external demands that most closely replicate RST?
- a. Marathon running, cross country, and long-distance track
  - b. Soccer, basketball, and lacrosse
  - c. Rowing, swimming, and diving
13. **True or False:** RST is a narrow training method aimed at solely improving the ATP-PCr energy system for straight ahead sprinting.
- a. True
  - b. False
14. How should coaches adjust RST training variables to optimize speed quality and conditioning outcomes?
- a. Use longer rest periods to increase overall physiological load
  - b. Prescribe high-repetition sets with minimal rest to avoid speed loss
  - c. Manipulate set length and rest periods to match training goals
15. According to the authors, which of the following represents an effective dose to achieve the established benefits of RST?
- a. 3 sets of 6 sprints (30m), twice per week, for six weeks
  - b. 2 sets of 12 sprints (20m), once per week, for eight weeks
  - c. 3 sets of 8 sprints (15m), twice per week, for six weeks

**Source (Question #16-20):** Mike Young, PhD, CSCS,\*D, RSCC\*D. Developing Strength that Transfers to Speed and Athleticism, 2025 NSCA National Conference (July 2025)

16. **True or False:** There is a strong correlation between 1RM back squat and 10-40 yards sprint performance.
- a. True
  - b. False
17. According to the presenter, effective training to improve power using traditional strength movements includes which of the following?
- a. 2-3 repetitions per set, 3-6 sets, >80% 1RM
  - b. 4-6 repetitions per set, 4-10 sets, 35-65% 1RM
  - c. 6-12 repetitions per set, 6-12 sets, <35% 1RM
18. **True or False:** When trained to maximize power, the power output per kilogram of bodyweight is similar between the power clean and the back squat.
- a. True
  - b. False
19. What are specific qualities that should be considered in selecting an exercise to be sport-specific?
- a. Athlete preference and training history
  - b. Movement balance and symmetry
  - c. Movement velocity and contraction type
20. Shock loading is an example of which of the following training methods?
- a. Accentuated eccentric loading
  - b. Overspeed concentric training
  - c. Velocity based training

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### Module #3: Building a Winning Culture

**Source (Question #21-25):** Davis, J. Incorporating Developmental Psychology to Enhance High School Strength Training, *NSCA Coach* 12(2), p. 6-10, May 2025

21. According to the author, models of youth sport have evolved to \_\_\_\_\_ achievement, often at the expense of the athlete's long-term development.
- a. Underemphasize
  - b. Overemphasize
  - c. Normalize
22. **True or False:** Erikson's fifth stage of psychosocial development aligns with typical middle and high school ages of 12-18 years.
- a. True
  - b. False
23. A coach incorporating partner and small group drills within weight room sessions to enhance healthy peer interaction is an example of which concept?
- a. Cognitive reframing discussion
  - b. Motivational self-talk
  - c. Collaborative dialogue
24. According to the author, effective coaching includes equipping athletes with which of the following skills?
- a. Peer and social comparison
  - b. Self-talk strategies and modeling language
  - c. Detailed athlete tracking and analysis
25. Which of the following best reflects the author's perspective on ethically driven, long-term coaching approaches in strength and conditioning?
- a. They reduce competitive performance and delay athlete success
  - b. They should be balanced with high-performance goals
  - c. They support sustainable high performance and empower athletes

**Source (Question #26-30):** Greg Werner, MS, CSCS, RSCC\*E. Cultivating a Winning Culture, 2025 NSCA National Conference (July 2025)

26. According to the presenter, what are the four things a strength and conditioning coach must do effectively?
- a. Organize, supervise, evaluate, instruct
  - b. Motivate, cultivate, educate, inspire
  - c. Schedule, lead, discipline, adjust
27. **Fill in the Blanks:** The presenter shares coaching advice: “If you can’t \_\_\_\_\_ one, then you can’t \_\_\_\_\_ any.” (Note: same word fills both blanks)
- a. Lead
  - b. Influence
  - c. Inspire
28. According to the presenter, the importance of education for coaches is to help which of the following?
- a. Improve programming and periodization
  - b. Build confidence and trust
  - c. Enhance processes and compliance
29. **True or False:** Getting athletes “*into the green*” involves the combination of improving motivation and accountability for underperformers, while closely monitoring the workload and effort for overperformers.
- a. True
  - b. False
30. According to the presenter, what is an important reason for a certified strength and conditioning professional to be working in the weight room?
- a. To improve 1RM testing results and communicate those results to the head coach
  - b. To enhance the recruiting ability and reputation of your program
  - c. To respond prudently and effectively in case of an emergency

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