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PRACTICE QUESTIONS

Collegiate Strength and Conditioning Coaches Association (CSCCa)

X65XZLKC

Strength and Conditioning Coach Certified (SCCC) Written

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Collegiate Strength and Conditioning Coaches Association (CSCCa) X65XZLKC , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, X65XZLKC
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

MULTIPLE CHOICE

A collegiate strength and conditioning coach is designing a mesocycle for a Division I women's soccer team during the competitive in-season phase. Which of the following programming variables are most appropriate to emphasize during this phase? (Choose two.)

- ☐ A High-volume, low-intensity hypertrophy blocks to maximize muscle cross-sectional area.
- ☒ B Maintenance-level resistance training emphasizing intensities of 80–90% of 1RM with reduced volume.
- ☐ C Concurrent high-volume strength and aerobic endurance work to peak both systems simultaneously.
- ☒ D Sport-specific conditioning work that develops aerobic capacity and repeated-sprint ability.
- ☐ E Maximal-effort single-rep testing on the squat, bench press, and deadlift every two weeks.

ANSWER B • D

WHY During the in-season/competitive phase, the primary goal is to maintain strength gains made in the off-season while developing sport-specific conditioning. Option B is correct: research (e.g., Haff & Triplett, NSCA Essentials of Strength Training and Conditioning) shows that maintenance of strength can be achieved with reduced volume (roughly one session per muscle group per week) at 80–90% 1RM. Option D is correct: aerobic capacity and repeated-sprint ability are critical for soccer and should be emphasized during this phase. Option A is inappropriate because high-volume hypertrophy work is contraindicated during in-season when recovery is compromised by competition. Option C is inappropriate because concurrent high-volume strength and endurance work produces an interference effect. Option E is inappropriate because frequent maximal testing increases injury risk and interferes with practice/competition.

QUESTION 2

MULTIPLE CHOICE

During a squat training session, an athlete collapses with sudden cardiac arrest. Which of the following are immediate, evidence-based actions the strength and conditioning coach should take before emergency medical services arrive? (Choose two.)

- ☐ **A** Perform a primary survey (ABCs) and obtain a manual pulse and respiration rate for documentation.
- ☒ **B** Activate the emergency action plan (EAP) by calling 911 or designated campus emergency number and retrieving the AED.
- ☒ **C** Begin hands-only CPR at a rate of 100–120 compressions per minute to a depth of at least 2 inches.
- ☐ **D** Place the athlete in the recovery position and monitor until EMS arrives.
- ☐ **E** Administer nitroglycerin sublingually from the athlete's medication bag if available.

ANSWER B • C

WHY For a suspected sudden cardiac arrest, the strength and conditioning coach's immediate priorities are: (1) activate the EAP — call 911 and retrieve the AED (Option B), and (2) begin high-quality CPR — 100–120 compressions/minute, at least 2 inches deep, allowing full chest recoil (Option C), per American Heart Association BLS guidelines. Option A is wrong because taking time to document vitals delays life-saving action. Option D is wrong because the recovery position is for a breathing, unresponsive athlete — not a cardiac arrest victim. Option E is wrong because strength and conditioning coaches are not licensed to administer prescription medications such as nitroglycerin, and doing so could be harmful.

QUESTION 3

TRUE/FALSE

When spotting a barbell back squat, the spotter should position themselves behind the lifter with hands hovering near the lifter's torso or ribcage, never under the bar or on the barbell itself, and be prepared to assist only after the lifter has clearly failed the repetition.

☒ **A** True☐ **B** False**ANSWER A**

WHY True. Standard CSCCa-/NSCA-aligned spotting technique for the back squat places the spotter behind the lifter with hands near the ribcage/torso (not under the lifter's arms and not gripping the bar), so the spotter can guide the lifter's torso upward and backward into a safe bail-out if the rep fails. Contact is made only after the lifter fails the rep; premature assistance reduces the training stimulus and can disrupt the lifter's balance. This matches published guidelines in the NSCA's Essentials of Strength Training and Conditioning and CSCCa coaching materials.

QUESTION 4

SINGLE CHOICE

Which periodization model, originally described by Bompa and later adapted by the NSCA and CSCCa, organizes training into sequential mesocycles that emphasize hypertrophy, strength, and peaking in that order across the off-season?

☒ **A** Linear (classic) periodization☐ **B** Block periodization☐ **C** Conjugate (dual-factor) periodization☐ **D** Undulating (non-linear) periodization**ANSWER A**

WHY Linear (classic) periodization, as described by Bompa and adopted in the NSCA's Essentials of Strength Training and Conditioning and CSCCa curriculum, progresses from higher-volume/lower-intensity hypertrophy work toward lower-volume/higher-intensity peaking across sequential mesocycles. Block periodization (B) concentrates training into shorter, highly focused blocks. Conjugate (C) develops multiple qualities concurrently within the same microcycle (e.g., Westside-style training). Undulating periodization (D) varies intensity and volume within the week rather than progressing them in a macro-level sequence.

QUESTION 5

SINGLE CHOICE

During a power clean, an athlete consistently pulls the bar early with the arms and catches it in a forward-positioned, bent-over posture. Which technical cue is most appropriate for the coach to address first?

- ☐ A Increase the load to force a more aggressive triple extension.
- ☐ B Cue the athlete to 'shrug and pull' the bar higher with the arms.
- ☒ C Cue the athlete to keep the bar 'close to the body' and to extend the hips, knees, and ankles simultaneously (triple extension) before pulling under.
- ☐ D Replace the power clean with a hang clean variation to reduce bar height.

ANSWER C

WHY Early arm pull and a forward, bent-over catch are classic faults caused by pulling with the arms before full triple extension and letting the bar drift away from the body. The first cue to address is keeping the bar close to the body and completing hip-knee-ankle extension (triple extension) before aggressively pulling under the bar (Option C). Option A is wrong because adding load will amplify the faulty motor pattern and increase injury risk. Option B is wrong because cueing arm pull reinforces the very fault being corrected. Option D may be a useful drill later, but does not address the underlying technique issue and is not the first-line cue.

QUESTION 6

SINGLE CHOICE

According to the American College of Sports Medicine (ACSM) and the NSCA position stands referenced in CSCCa coursework, what is the recommended daily protein intake for athletes engaged in regular resistance training who are trying to maintain or increase lean body mass?

- ☐ A 0.8 g/kg body mass per day
- ☒ B 1.2–2.0 g/kg body mass per day
- ☐ C 2.5–3.0 g/kg body mass per day
- ☐ D 3.5–4.0 g/kg body mass per day

ANSWER B

WHY The ACSM/AND/DC position stand on nutrition and athletic performance, and the NSCA's nutritional recommendations cited in CSCCa coursework, recommend approximately 1.2–2.0 g/kg/day of protein for athletes engaged in regular resistance training to support lean mass accretion or maintenance. Option A (0.8 g/kg) is the sedentary adult RDA and is insufficient for training athletes. Options C and D are excessive, offer no additional performance benefit, and can displace other macronutrients.

QUESTION 7

SINGLE CHOICE

A 400-meter sprint is primarily fueled by which energy system, and which training method best develops this system's capacity?

- ☐ **A** Aerobic oxidative system; long slow distance (LSD) running at 65–75% of maximum heart rate.
- ☐ **B** ATP-PCr (phosphagen) system; short all-out sprints of 5–10 seconds with full recovery.
- ☒ **C** Anaerobic glycolytic (lactate) system; repeated bouts of 30 seconds to 2 minutes at near-maximal effort with partial recovery.
- ☐ **D** Aerobic glycolytic system; tempo runs of 20–30 minutes at lactate threshold pace.

ANSWER C

WHY A 400-meter sprint relies predominantly on the anaerobic glycolytic (lactate) system, with significant contributions from the phosphagen system early and aerobic metabolism late. The most appropriate training stimulus is repeated high-intensity intervals of approximately 30 seconds to 2 minutes (e.g., 200–400 m repeats) at 90–100% effort with partial recovery (Option C). Option A and Option D target aerobic systems that are not the dominant contributor to 400-m performance. Option B targets the phosphagen system only, which is dominant for events shorter than ~10 seconds.

QUESTION 8

SINGLE CHOICE

Which warm-up strategy is most appropriate to perform immediately before a maximal-effort powerlifting session to acutely enhance force production and reduce injury risk?

- ☐ A Static stretching of the hamstrings, hip flexors, and pectorals held for 30–60 seconds per muscle.
- ☒ B A general warm-up of 5–10 minutes of light cycling or jogging followed by dynamic mobility drills and sport- and lift-specific progressive ramp sets.
- ☐ C PNF contract-relax stretching of the major muscle groups for 10 minutes.
- ☐ D No warm-up; proceed directly to working sets at 85–95% of 1RM.

ANSWER B

WHY The pre-training warm-up recommended by the NSCA and CSCCa curriculum is a general warm-up (5–10 minutes of light aerobic activity to elevate core temperature) followed by dynamic mobility drills and lift-specific progressive ramp sets culminating in the working loads (Option B). Static stretching (A) and PNF stretching (C) performed immediately before strength training can acutely reduce force production and are not recommended pre-lift. Skipping the warm-up (D) markedly increases musculoskeletal injury risk and impairs performance.

QUESTION 9

SINGLE CHOICE

According to Newton's Second Law of Motion ($F = m \cdot a$), which of the following statements most correctly describes how force production relates to acceleration for a given athlete's body mass during a sprint start?

- ☐ **A** Heavier athletes always produce more force than lighter athletes because mass is in the numerator of the equation.
- ☒ **B** For a constant body mass, the greater the force applied to the ground, the greater the resulting forward acceleration.
- ☐ **C** Acceleration is independent of force and depends only on limb length and stride frequency.
- ☐ **D** Doubling body mass doubles acceleration if ground-reaction force is held constant.

ANSWER B

WHY Newton's Second Law states $F = m \cdot a$. Rearranged, $a = F/m$. For a given (constant) body mass m , acceleration is directly proportional to the net force applied (Option B). Option A is wrong because the equation describes acceleration, not absolute force, and heavier athletes are not always faster. Option C is wrong because acceleration depends on force and mass, not limb length or stride frequency per se. Option D is wrong because doubling mass while holding force constant halves acceleration, not doubles it.