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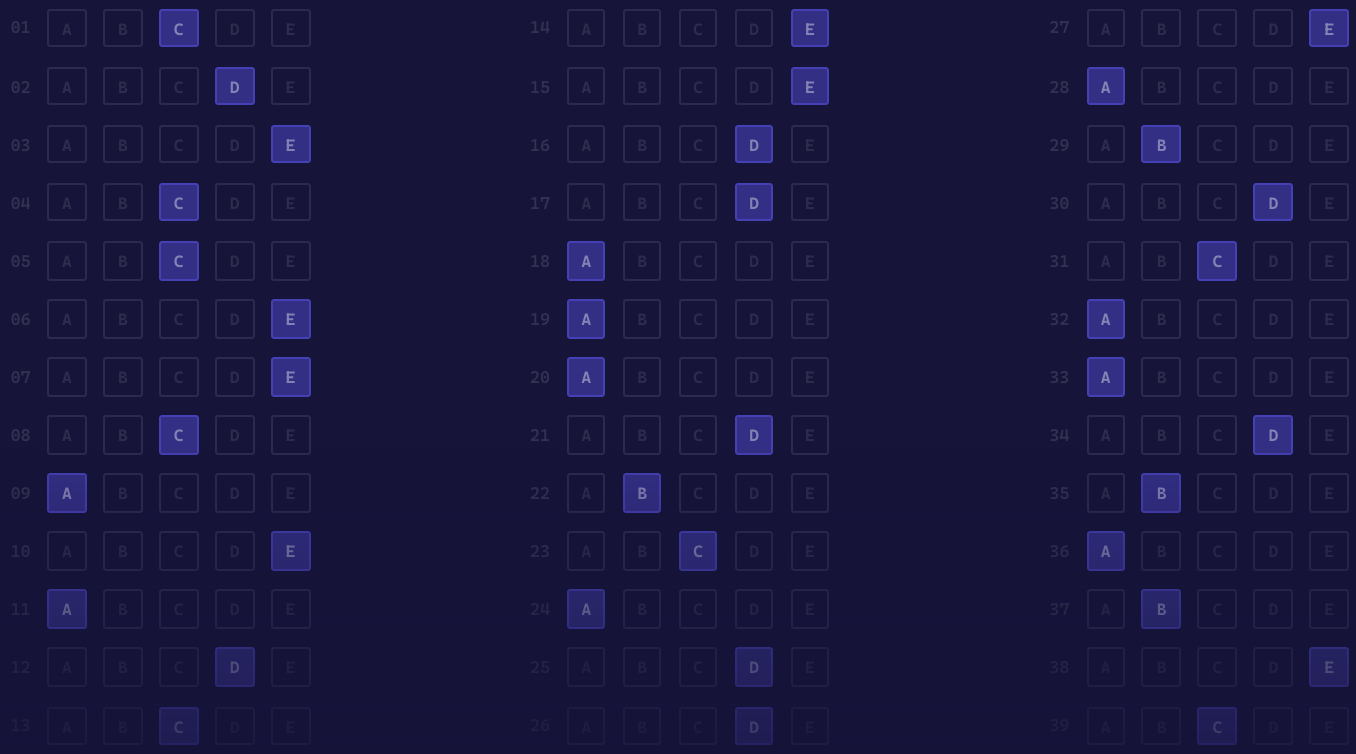

PRACTICE QUESTIONS

National Council On Strength And Fitness (NCSF)

CSC

Certified Strength Coach

EDITION	QUESTIONS	FORMAT
Demo	9	Limited Edition PDF

Before you begin

What this is

9 practice questions for National Council On Strength And Fitness (NCSF) `CSC`, 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, `CSC`
- the question number
- the email address on your order

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

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QUESTION 1 SINGLE CHOICE

A strength coach is programming the deadlift for an intermediate-level athlete. Which repetition range most appropriately targets maximal strength development according to NCSF program design guidelines?

A 1–3 repetitions at 95–100% of 1RM

B 4–6 repetitions at 85–90% of 1RM

C 8–12 repetitions at 70–80% of 1RM

D 15–20 repetitions at 50–60% of 1RM

ANSWER B

WHY For intermediate trainees targeting maximal strength, the NCSF recommends moderate-load, low-volume work typically performed in the 4–6 repetition range at approximately 85–90% of one-repetition maximum. Option A describes a power/peak strength range reserved for advanced or peaking phases, while C describes hypertrophy work and D describes muscular endurance work.

QUESTION 2 SINGLE CHOICE

During the squat, which muscle group acts as the primary dynamic stabilizer of the knee, working eccentrically during the descent and concentrically during the ascent?

A Gastrocnemius

B Vastus medialis

C Biceps femoris

D Tensor fasciae latae

ANSWER C

WHY The hamstring group, including the biceps femoris, acts as a dynamic stabilizer at the knee joint during the squat, controlling flexion eccentrically and assisting extension concentrically. The vastus medialis is a prime mover (knee extension), the gastrocnemius is a secondary plantar flexor, and the tensor fasciae latae primarily assists hip flexion and abduction.

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QUESTION 3 SINGLE CHOICE

Which of the following is included as a standard component of the NCSF pre-participation health and fitness assessment?

A Fasting lipid panel

B Resting heart rate and blood pressure

C VO2 max treadmill test

D DEXA scan

ANSWER B

WHY Resting heart rate and blood pressure are standard, non-invasive screening measures collected as part of the NCSF pre-participation health and fitness assessment to identify contraindications to exercise. The other options are clinical or laboratory assessments that may be referenced but are not core components of the standard NCSF screening.

QUESTION 4 SINGLE CHOICE

A coach wants a sprinter to improve 100-meter dash performance. According to the principle of specificity, the most appropriate training adaptation is to:

A Perform high-volume low-intensity cycling to build aerobic base

B Perform short sprints with near-maximum effort and full recovery

C Perform long-distance running at conversational pace

D Perform only isometric holds in the squat position

ANSWER B

WHY The principle of specificity states that training should mimic the energy system, movement pattern, and intensity of the target activity. Short, near-maximum-effort sprints with full recovery directly replicate the alactic ATP-PC demands and velocity characteristics of the 100-meter dash.

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QUESTION 5 SINGLE CHOICE

Which symptom is most indicative of overtraining syndrome rather than normal training fatigue in an athlete?

A Mild muscle soreness 24 hours after a workout

B Temporary decrease in appetite the day after intense training

C **Persistent elevated resting heart rate combined with sleep disturbance and mood changes lasting weeks**

D Slight decrease in 1RM that returns to baseline after one day of rest

ANSWER C

WHY Overtraining syndrome is characterized by persistent maladaptations including chronically elevated resting heart rate, disturbed sleep, mood disturbances, and performance decrements that last weeks to months despite rest. The other options describe normal, acute responses to training that resolve within 24–48 hours.

QUESTION 6 SINGLE CHOICE

When spotting the barbell bench press, the strength coach should stand:

A In front of the lifter, gripping the bar at the mid-shaft

B Behind the head of the lifter, ready to assist the bar off the rack only

C **At the head of the bench with hands positioned just beyond the lifter's grip, elbows flexed, and a staggered stance**

D To the side of the bench with one hand on the barbell at all times

ANSWER C

WHY Proper spotting technique for the bench press requires the spotter to stand at the head of the bench with a staggered stance for stability, elbows flexed, and hands positioned just outside the lifter's grip so the spotter can assist if the lift is failed without interfering during normal repetitions.

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QUESTION 7 SINGLE CHOICE

According to general sports nutrition guidance endorsed for strength athletes, daily protein intake should typically fall within which range to support muscle protein synthesis?

A 0.4–0.6 grams per kilogram of body weight

B 0.8–1.0 grams per kilogram of body weight

C **1.6–2.2 grams per kilogram of body weight**

D 3.5–4.5 grams per kilogram of body weight

ANSWER C

WHY For strength athletes, daily protein intake in the range of approximately 1.6–2.2 g/kg body weight is commonly recommended to support muscle protein synthesis, recovery, and adaptation. Intakes at the lower end are insufficient for hypertrophy goals, while intakes above 3 g/kg are generally not supported as offering additional benefit.

QUESTION 8 SINGLE CHOICE

Which of the following is within the NCSF Certified Strength Coach's defined scope of practice?

A Diagnosing orthopedic injuries

B Prescribing therapeutic medications

C **Designing and instructing strength and conditioning programs for apparently healthy individuals**

D Performing joint mobilizations for post-surgical rehabilitation patients

ANSWER C

WHY The NCSF Certified Strength Coach's scope of practice centers on the assessment, design, and instruction of strength and conditioning programs for apparently healthy populations. Diagnosis, medical prescription, and post-surgical rehabilitation are within the scope of licensed healthcare professionals, not the strength coach.

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QUESTION 9 MULTIPLE CHOICE

Which of the following muscles are primary movers during the conventional (hip hinge) deadlift? (Choose two.)

A **Gluteus maximus**

B **Erector spinae**

C Tibialis anterior

D Deltoid

ANSWER **A** · **B**

WHY The gluteus maximus and erector spinae are the primary movers and stabilizers of the conventional deadlift, producing hip extension and maintaining spinal neutrality respectively. The tibialis anterior is a dorsiflexor of the ankle and is not a primary mover, and the deltoid functions as a stabilizer of the arms but not a prime mover in the lift.

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