




**FOR REFERENCE PURPOSES ONLY -
THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

Conference Video Quiz
Deeper Than the Data

1. What is the first thing that should be considered when assessing athletes?
 - A. the reason for the test
 - B. the meaning of the data
 - C. the selection of a test
2. Which energy system is utilized during a typical play in American football?
 - A. anaerobic
 - B. alactic
 - C. oxidative
3. Why is the 300-yard shuttle not the most appropriate test for American football?
 - A. It is too easy compared to the sport.
 - B. It allows athlete weaknesses to go unnoticed.
 - C. It utilizes a different energy system.
4. What does a test possess if it mimics the important movements of the sport?
 - A. validity
 - B. reliability
 - C. accuracy
5. Which of the following recommendations is most appropriate for administering vertical jump tests over the course of a season?
 - A. Perform at varied times of the day.
 - B. Utilize the same type of surface.
 - C. Have different testers each time.

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6. What is allometric scaling?
 - A. adjusting loads used during training
 - B. using power to categorize athletes
 - C. looking at data as it relates to bodyweight

 7. Which of the following is more dominant during the broad jump?
 - A. dorsiflexion
 - B. hip extension
 - C. plantarflexion

 8. Which of the following increases the risk of ACL tear?
 - A. increased hip extension
 - B. decreased dorsiflexion
 - C. decreased knee extension

 9. There is an increased risk of ACL injury if an athlete has which of the following?
 - A. great broad jump; poor vertical jump
 - B. poor vertical jump; poor broad jump
 - C. great vertical jump; poor broad jump

 10. Which of the following best describes how power production in the vertical jump and broad jump compare to each other?
 - A. Greater power is produced during the vertical jump.
 - B. Greater power is produced during the broad jump.
 - C. Power production is similar during both.