



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

Conference Video Quiz
High School Video Package CEU Quiz

1. Which of the following is the best source of lean protein?
 - A. ribeye steak
 - B. chicken breast
 - C. pork tenderloin

2. When is it most important to consume carbohydrates?
 - A. before a workout
 - B. during a workout
 - C. after a workout

3. When should fat intake be avoided?
 - A. the day before competition
 - B. the day of competition
 - C. the day after competition

4. What is the recommend order of progression for sequential athletic development?
 - A. plyometrics, speed, strength
 - B. strength, speed, plyometric technique
 - C. dynamic movement, strength, power

5. Which of the following is part of Coach Eaves' White program?
 - A. dumbbell power clean
 - B. log bar overhead press
 - C. barbell deadlift



6. What does Coach Kurtz require athletes be able to perform properly before they are allowed to back squat?
 - A. wall squat
 - B. front squat
 - C. overhead squat

7. What is the emphasis during Stage 4 of the American Development Model?
 - A. Learning to Train
 - B. Learning to Compete
 - C. Training to Train

8. According to the Suomi questionnaire, about half of an early adolescent athlete's training time will include which of the following?
 - A. participating in a variety of activities
 - B. practicing their main sport with a coach
 - C. practicing their main sport on their own

9. What percentage of court cases involving strength and conditioning injuries deal with supervision?
 - A. 40%
 - B. 60%
 - C. 80%

10. Which of the following is part of Level II for Coach McHenry's Olympic Lifting Progression?
 - A. power clean
 - B. high pull
 - C. split squat