

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

Conference Video Quiz
Special Considerations for Training the Female Athlete

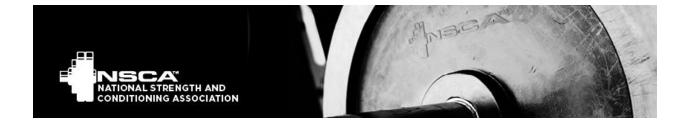
b) 8x		
c) 10x		

1. Women more likely than men to experience an ACL injury by what factor?

- 2. Data suggest that one reason for the increased likelihood of injury in female athletes could be attributed to which of the following?
- a) Overall muscle weakness
- b) Poor sports skill development
- c) Landing with extended knees
- 3. According to the speaker, which of the following is a muscle group that is commonly weak in female athletes relative to its antagonist group(s)?
- a) Gluteals

a) 3x

- b) Hamstrings
- c) Pectoralis major
- 4. Dr. De Leon states that which of the following characteristics can increase likelihood that a female athlete will have poor posture?
- a) Poor sports performance
- b) Above average adiposity
- c) Early breast development
- 5. According to the video, a lack of neck extensor mass could make female athletes more prone to which of the following injuries?
- a) Concussions
- b) Jaw dislocations
- c) Cervical spine herniations



- 6. Which of the following movements may help to mitigate some of the potential problems resulting from a greater Q angle in women?
- a) Front squats
- b) Romanian deadlifts
- c) Side planks
- 7. Relative to their male counterparts, which of the following training parameters should be increased in advanced female athletes?
- a) Number of repetitions per set
- b) Rest period duration
- c) Training frequency
- 8. According to the video, which of the following movements is unlikely to be performed successfully by novice female athletes?
- a) Back squats
- b) Bench press
- c) Pullups
- 9. Which of the following athletic parameters can temporarily change due to the increased steroid hormone levels that occur during the week prior to menstruation?
- a) Muscular endurance
- b) Coordination
- c) Power output
- 10. Training prescription for pregnant women should use which of the following intensity measures?
- a) RPE
- b) Heart Rate
- c) Blood pressure