



**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

1. Women more likely than men to experience an ACL injury by what factor?
 - a) 3x
 - b) 8x
 - c) 10x

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
 - 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