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

August 2018 Strength and Conditioning Journal (40.4) CEU Quiz
Monitoring Athlete Load

1. The article suggests that RPE measurements should be taken at which of the following timepoints after exercise?

immediately after
10 minutes after
30 minutes after

2. According to research explored in the article, GPS data tends to be accurate with assessment of which of the following?

peak running speed
high speed running
very high speed running

3. The author states that evaluating load for intermittent high-intensity activities will uniquely benefit from which of the following types of GPS data?

total distance
accelerations and decelerations
total volume

4. Which of the following is an important limitation when considering the use of the TRIMP method?

does not correlate to high intensity activities
requires blood lactate measurement
individualization is not possible

5. According to the article, training monotony is best described as an indicator of which of the following?

training load
training intensity
training variability

6. The research shows that which of the following parameters may be predictive of illness?

training monotony
training strain
training floor

7. Compared with younger athletes, the author states that which of the following is an important consideration for devising a load ceiling with older athletes?

they can take longer to reach high training loads
they have an increased likelihood of experiencing injury
they may have a reduced ability to tolerate load

8. The article shows that the A:C ratio is best described as a measure of which parameter?

athlete preparedness
athlete recovery
athlete total load

9. The “sweet spot” of training load ratio is best illustrated by which of the following?

1.3
1.5
1.7

10. The article suggests that appropriately planned exposure to chronic load could facilitate which of the following outcomes?

reduced risk of injury
increased maximal running speed
potentially increased recovery time