

## 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?

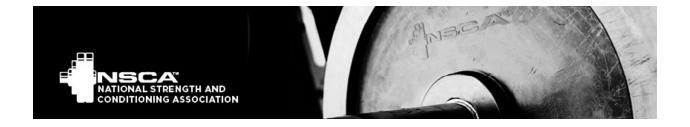
total distance accelerations and decelerations total volume

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