



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

Conference Video CEU Quiz
The Use of Performance Tracking Technology to Facilitate Recovery

1. According to the stress-adaptation model discussed, which of the following is the initial response to training stress?

- Supercompensation
- Decreased performance
- Recovery

2. Dr. Arent found that changes in which of the following measures was observed to precede all other reported changes?

- Mood
- Biomarkers
- Performance

3. Which of the following pre-event performance tests was found to be predictive of maximal running speed?

- Vertical jump
- Standing broad jump
- 5 RM back squat

4. Within the presentation, an athlete's 'effort' versus 'work' is described as which of the following?

- Efficiency
- External load
- Acceleration

5. Within the video, the concept of TRIMPS is most accurately described as a function of which of the following?

- Total work
- Peak power
- Maximum speed



6. Which of the following measures was addressed for potential inclusion in a State of Readiness report?

- Sleep quality
- Caloric intake
- Basal Metabolic Rate

7. Dr. Arent states which of the following considerations makes lab tests superior to field tests?

- Cost
- Control
- Collaboration

8. Dr. Arent is mostly concerned with which of the following body composition measures for in-season athletes?

- Bodyfat percentage
- Muscle mass changes
- Total fat mass

9. Based on the reported findings, collegiate soccer athletes were found to run greatest total distance during which period of the athletic season?

- Early season
- Late season
- Playoffs

10. According to data shown in the presentation, which of the following hormones decreased below baseline levels by the end of competitive season in male college athletes?

- Cortisol
- Insulin
- Testosterone