



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

Conference Video Quiz

Speed, Agility, and Quickness Drills and Application for the Personal Training Client

1. What is the key difference that separates the walk and run locomotion pattern?
  - a. Speed of pattern
  - b. No differences
  - c. Flight phase
  
2. Which of these locomotion patterns is considered a skip
  - a. a leap followed by another leap.
  - b. step followed by another step.
  - c. step followed by a hop.
  
3. According to the speakers a hop is defined as taking off on
  - a. one foot and landing on the same foot.
  - b. two feet and land on two feet.
  - c. one foot and landing with the opposite foot.
  
4. What is the difference between the symmetrical locomotion and carioca patterns?
  - a. Flight phases
  - b. Plane of movements
  - c. Feet cross reference plane
  
5. Which of these is considered asymmetrical locomotion?
  - a. Skalk
  - b. Run-uffle
  - c. Skip



6. Which locomotion pattern best describes “skun”.
  - a. Step to hop followed by a step
  - b. Step followed by a leap
  - c. Leap followed by another leap
  
7. According to the speakers, which of these would be a good way to progress the movement patterns?
  - a. Wun, skip-uffle, run, walk-uffle
  - b. Walk, run, run-uffle, wun
  - c. Run, skip, skun, skalk
  
8. Which movement pattern consists of the feet crossing the reference plane in a weave pattern?
  - a. Symmetrical
  - b. Carioca
  - c. Asymmetrical
  
9. Which of these is a component of the spherical model for three dimensional movements?
  - a. Endurance
  - b. Speed
  - c. Stability
  
10. Which is a tool that can be used to progress the movement pattern for your client?
  - a. add more steps.
  - b. resistance cords.
  - c. changing planes.