




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

Conference Video Quiz  
Performance Considerations in Programming for the Tactical Population

1. Which of the following most closely resembles a tactical operator?
  - A. sprinter
  - B. decathlete
  - C. thrower
  
2. Which conditioning zone includes dragging someone for approximately 20 yards?
  - A. Performance Zone 1
  - B. Performance Zone 2
  - C. Performance Zone 3
  
3. Which of the following is known as repeated sprint ability?
  - A. Performance Zone 1
  - B. Performance Zone 2
  - C. Performance Zone 3
  
4. What is the maximum time duration of lifting suggested when focusing on strength?
  - A. 10 seconds
  - B. 20 seconds
  - C. 30 seconds
  
5. Which type of training needs to be below the lactate threshold?
  - A. Performance Zone 1
  - B. Performance Zone 2
  - C. Performance Zone 3

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6. Why is it recommended to combine high-load strength training with short-duration conditioning bouts?
    - A. to maximize muscular strength
    - B. to obtain more adaptation
    - C. to increase aerobic capacity
  
  7. At what heart rate do complex motor skills begin to deteriorate?
    - A. 145 bpm
    - B. 155 bpm
    - C. 165 bpm
  
  8. What rest duration is recommended for training quality 1 with high capacity?
    - A. 0-30 seconds
    - B. 45-90 seconds
    - C. 2.5-5 minutes
  
  9. What is the recommended default workout focus if a tactical athlete is in a fatigued state?
    - A. strength
    - B. strength-endurance
    - C. aerobic
  
  10. Which qualities are considered compatible to train in the same workout?
    - A. (speed, strength, and Performance Zone 1) + (strength-endurance and Performance Zone 2)
    - B. (strength-endurance and Performance Zone 2) + (Performance Zone 3)
    - C. (speed, strength, and Performance Zone 1) + (Performance Zone 3)