Module #1: Effective and Analytical Decision Making in Strength and Conditioning


1. True or False: The authors identified ranking, measuring, and prescription as necessary qualities for selecting an exercise test; A minimum of one of these qualities is recommended for test selection.
   a. True
   b. False

2. A coach using GPS to monitor the peak velocity during maximal effort sprints at the end of a warm-up or in practice is an example of which process?
   a. Invisible Monitoring
   b. Parallel Monitoring
   c. Readiness Testing

3. What is a coaching behavior that can improve performance testing reliability and outcomes?
   a. Introducing new testing procedures
   b. Leading a sport-specific pre-test warm-up
   c. Providing similar levels of encouragement at each testing occasion

4. True or False: According to the authors, the isometric midthigh pull (IMTP) assessment has greater prescriptive and programming value than the 1-3RM back squat test.
   a. True
   b. False

5. When selecting performance technology, the accuracy of each ______ must be considered to ensure test validity.
   a. Outcome Measure
   b. Testing Order
   c. Testing Protocol
6. Which four factors were identified for making effective training decisions?
   a. Analysis, Modifications, Risk Profiling, and Decision Impact
   b. Background, Plan, Process, and Outcome
   c. Time, Cognition, Complexity, and Suitability

7. In sport psychology, what does the Prospect Theory suggest related to athlete performance?
   a. An athlete fears losing to a greater extent than the prospect of winning
   b. An athlete’s prospects of success are a distraction to performance
   c. An athlete’s fear of negative attention compounds in team environments

8. Directional guidance ______ complexity and ______ efficiency.
   a. Increases; Reduces
   b. Reduces; Increases
   c. Reduces; Reduces

9. In the presented strength-power paradigm, power is to rate, as capacity is to ______.
   a. Regulation
   b. Efficiency
   c. Availability

10. True or False: The presented decision tree is a pathway for UFC fighters to progress from strength development into power profiling.
    a. True
    b. False

Module #2: Olympic Weightlifting for Sport

11. True or False: According to the authors, due to the lower barbell displacement to successfully perform a clean, versus a snatch, the loads lifted in the clean are typically 18-20% heavier. [pp.1164]
    a. True
    b. False

12. Identify the phase of the clean and snatch when the greatest force, rate of force development (RFD), and power output are generated. [pp.1164]
    a. First Pull
    b. Transition
    c. Second Pull
13. When teaching the clean, which method of instruction is advocated by the NSCA and International Weightlifting Federation? [pp.1171-1172]
   a. Forward Chaining
   b. Reverse Chaining
   c. Lateral Chaining

14. True or False: Verbal instruction for teaching and coaching weightlifting movements should be detailed and internally focused. [pp.1175-1176]
   a. True
   b. False

15. What is the recommended maximum coach-to-athlete ratio for coaching youth athletes to ensure proper weightlifting technique and establish a safe training environment? [pp.1179-1180]
   a. 1:10
   b. 1:12
   c. 1:15

Source (Question #16-20): Ryan Metzger – How to Coach and Teach Olympic Lifting in a Team Setting – 2023 NSCA Coaches Conference Video

16. Why is the front squat important to teach as part of a clean progression?
   a. Requires the athlete to handle heavier loads
   b. Teaches the catch position of the clean
   c. Develops quadriceps strength to enhance the first pull

17. According to the presenter, why is it important to avoid bending the elbows during the barbell RDL-to-Shrug sequence?
   a. Strain on the cervical spine
   b. Loss of rhythm
   c. Loss of power

18. What is the initial phase of the demonstrated snatch progression?
   a. Banded (Body Weight) Overhead Squat
   b. Snatch Grip Barbell RDL
   c. Hang Snatch

19. The appropriate snatch grip width places the bar at the height of the ______?
   a. Mid-thigh
   b. Abdomen
   c. Hip pocket
20. What is a recommended strategy for the instruction of Olympic lifts in large group settings?
   a. Rotating groups and stations
   b. Coaching positions on a cadence
   c. Using lighter barbells

Module 3: Coaching Roles and Expectations

Source (Question #21-25): Andy Gillham – The Importance of Boundaries and Roles for Coaches – NSCA Coach, 9(4), November 2022

21. True or False: Communicating more frequently is a universal solution for improving effective communication with sport coaches.
   a. True
   b. False

22. Two identified components of relationships between strength and conditioning coaches and sport coaches include role ______ and role ______.
   a. Collaboration; Organizational
   b. Identity; Effectiveness
   c. Clarity; Acceptance

23. True or False: According to the article, both the sport coach and strength and conditioning coach are responsible for providing guidance for the effective training of athletes?
   a. True
   b. False

24. Which of the following is a strategy that a multi-sport college strength and conditioning coach might use to establish effective boundaries with a sport coach?
   a. Ranking the requests of sport coaches by season
   b. Ensuring that you are agreeable to the requests of the sport coach
   c. Clearly communicating other job responsibilities

25. Coaching Scenario: A sport coach sends the strength and conditioning coach a frustrated text message asking about the previous weight room workout of a player who appeared sluggish in practice earlier that afternoon. The strength and conditioning coach sees the message pop up on her apple watch during another team’s workout. Choose an appropriate response based on the article.
   a. Respond immediately with a detailed description of the workout
   b. Reply once available saying, “Hi Coach, Sorry to hear about practice. Can I come to your office in the morning, and we can discuss what you saw? I’ll be in at 5:30am before my first team and then have a break from 7:30-9am. Let me know a good time to stop by.”
   c. Ignore the message and visit the coach’s office the next day
Source (Question #26-30): Chris DeAngelis – Proper Alignment of Expectations for Strength and Conditioning Practitioners – NSCA Coach, 10(2), May 2023

26. What is the purpose of the A-C-T-S process for strength and conditioning coaches?
   a. To compare your current work environment to characteristics from other areas of the profession
   b. To identify and document unmet expectations by an employer
   c. To engage in an intentional and reflective thought process which accounts for past and current working environments.

27. In A-C-T-S, assess refers to the role of the strength and conditioning coach in reflecting on the ______ of their current position.
   a. Capacity
   b. Demands
   c. Expectations

28. True or False: In A-C-T-S, consider is related to the opportunity for growth and development, including strength and conditioning program needs and priorities.
   a. True
   b. False

29. True or False: A-C-T-S is a passive process that relies on the ability of the strength and conditioning coach to demonstrate patience and perseverance towards unmet expectations and challenges in the workplace.
   a. True
   b. False

30. The A-C-T-S approach is designed as a mechanism of reflecting on coaching environments in a way that balances expectations with existing ______ and realistic ______.
   a. Facilities; Funding
   b. Outcomes; Goals
   c. Potential; Needs

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