



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

Conference Video Quiz
VBT Overview for the Tactical Operator

1. During which of the following movements is the lowest mean velocity observed?
 - a) Hang Power Snatch
 - b) Clean Pulls
 - c) Snatch Pulls

2. Which of the following components is listed as the most important Series Elastic Component contributor affected by VBT?
 - a) Rate Coding
 - b) Myofibrillar Adaptations
 - c) Sarcoplasmic Reticulum

3. Of the following, which was named as a contributor to the Parallel Elastic Component?
 - a) Sarcolemma
 - b) Sarcoplasmic Reticulum
 - c) Sarcomere

4. Throughout the video, which of the following was mentioned as an advantage of VBT?
 - a) It is inexpensive
 - b) It requires no formal education to implement
 - c) It encourages competitiveness

5. Based on the results of the speaker, the use of VBT zones resulted in which of the following benefits to his athletes?
 - a) A reduction in injury rate
 - b) Greater overall strength
 - c) Greater increases in power



6. A quantified velocity of 0.75m/s is an example of which of the following traits?
- a) Speed-Strength
 - b) Strength-Speed
 - c) Absolute Strength
7. According to the video, which of the following traits is listed as having the lowest velocity?
- a) Absolute Strength
 - b) Accelerative Strength
 - c) Starting Strength
8. The minimal ground contact time during a sprint is cited as which of the following?
- a) 50ms
 - b) 64ms
 - c) 250ms
9. In the experience of the speaker, replacing Load with Minimum Velocity as the established training criterion, provided which of the following benefits to athletes?
- a) A reduction of injury risk
 - b) Helped them establish proper technique
 - c) Helped them achieve greater overall strength
10. The speaker offers that VBT “serves as another Coach on the floor”, because it does which of the following?
- a) It algorithmically develops programs
 - b) It evaluates the technique of each lift
 - c) It helps to dictate the load used