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April 2018 Strength and Conditioning Journal (40.2) CEU Quiz
Preparing for the Demands of Professional Hockey

1. According to the article, skating has which of the following attributes relative to running?

- Shorter stride length
- Longer ground contact times
- Longer stride rates

2. The author states that which of the following tests holds a moderate correlation with on-ice sprinting speed?

- Reed repeat sprint skate test
- Y-Balance Lower Quarter
- Off-ice sprint speed

3. Research discussed within the article shows that the 30-15 intermittent ice test demonstrates a strong relationship with which of the following performance measures?

- Maximal strength
- Maximal anaerobic power
- VO₂ peak

4. A training program that varies rep range and loading between workouts within the same week, is described as which of the following?

- Block Periodization
- Daily Undulating Periodization
- Reverse Linear Periodization

5. Which of the following is discussed as a theoretical construct on which Block Periodization is built?

- Residual training effects
- Anatomical adaptation
- Slow-twitch hypertrophy



6. The author states that each exercise stimulus for adaptation has which of the following components?

- Physical
- Mechanical
- Psychological

7. According to the author, aerobic development of hockey athletes should occur through which of the following training parameters?

- Long-duration, low intensity
- Short duration, low intensity interval work
- A blend of long duration low intensity, and high intensity interval work

8. Which of the following is a stated goal for in-season hockey training?

- To maximize strength
- To optimize power output
- To facilitate recovery

9. Which of the following qualities is identified as a determinant of recovery between sprint bouts?

- Muscle buffering
- Sprint speed
- Absolute force output

10. Training to increase which of the following fitness measures is shown to be an effective training modality for the improvement of repeat sprint ability?

- Flexibility
- Mobility
- Aerobic capacity