



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

Conference Video Quiz
Power Development in Strength-Power Athletes

1. What type of quantity is force?
 - A. vector
 - B. tensor
 - C. scalar
2. Which of the following describes velocity?
 - A. force x acceleration
 - B. displacement/time
 - C. work/force
3. Which of the following controls the velocity of muscle fiber shortening?
 - A. cross-sectional area
 - B. rate of ADP dissociation
 - C. number of myofibrils
 - D. cross-bridge cycling rate
4. The literature review by Minetti and Zamparo concluded that which of the following should be increased first?
 - A. power
 - B. strength
 - C. hypertrophy
5. Once it is developed, which of the following can be maintained across a lifetime if training ceases?
 - A. muscular strength
 - B. exercise technique
 - C. power production



6. Evidence suggests that performing more repetitions per set is advantageous for
 - A. a novice athlete.
 - B. an advance athlete.
 - C. a novice and an advanced athlete.

7. Two athletes train with different combinations of force and velocity. What is the most likely outcome on power development?
 - A. The athlete using higher forces will develop more power.
 - B. The athlete using higher velocities will develop more power.
 - C. Both athletes will develop more power.

8. Which of the following best describes the effect of combination training on power development compared to either strength training or power training done alone?
 - A. It improves power to a great extent.
 - B. It improves power to a lesser extent.
 - C. It improves power to the same extent.

9. Which fiber type increases as a result of increased training volume?
 - A. Type IIb
 - B. Type IIx
 - C. Type IIa

10. What is a recommended time frame for a planned over reaching phase?
 - A. 2-3 days
 - B. 5-6 days
 - C. 7-10 days