




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

February 2018 Strength and Conditioning Journal (40.1) CEU Quiz
Effects of Postactivation Potentiation on Linear and Change-of-Direction Speed

1. Which of the following factors is responsible for postactivation potentiation?
 - Phosphorylation of myosin regulatory light chains
 - Increased length of titin within the sarcomere
 - Decreased recruitment of higher order motor units
2. Which of the following can be used to achieve postactivation potentiation?
 - A velocity-oriented exercise followed by high-load exercise
 - A high-load exercise followed by a velocity-oriented exercise
 - A high-load exercise followed by a low-velocity exercise
3. Which of the following best describes the likely correlation between an individual's strength level and the postactivation potentiation response?
 - Individuals with different strength levels experience the same response
 - Weaker individuals experience a greater response
 - Stronger individuals experience a greater response
4. Which of the following are most likely to benefit from a conditioning activity to potentiate a power-based exercise?
 - Recreational athletes
 - Strength-trained athletes
 - Endurance athletes
5. Which of the following 1RM percentages provides the greatest potentiating effect?
 - 50%
 - 75%
 - 100%

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6. Within which distance range does acceleration occur?
- 0-20 m
 - 30-50 m
 - 60-80 m
7. Which of the following best describes the potentiating effect of producing high ground reaction forces during conditioning activities?
- Only acceleration is potentiated
 - Only maximal velocity is potentiated
 - Both maximal velocity and acceleration are potentiated
8. Why is it suspected that bilateral strength exercises might fail to potentiate sprint performance?
- They are not specific to the running motion
 - Unilateral exercises can be loaded more heavily
 - High-threshold motor units are not recruited
9. What effect does a load of about 30% body mass have on sprinting technique?
- Increased flight time
 - Increased contact time
 - Increased step frequency
10. What is the recommended minimum recovery period between training sessions that involve postactivation potentiation exercise pairs?
- 96 hours
 - 72 hours
 - 48 hours