



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

October 2018 Strength and Conditioning Journal (40.5) CEU Quiz
A Tactical Periodization Approach for Rugby Union

1. 1 How are skills best learned?
 - A. combined in complex situations
 - B. in isolation before other abilities
 - C. progressing from specific to general

2. Which of the following is recommend for a game model?
 - A. It must be firm.
 - B. It must be adopted.
 - C. It must be simple.

3. Why is contact skills training most appropriately performed in the middle of the training week for rugby?
 - A. It allows for maximum recovery from the previous match.
 - B. Maximal muscular strength is developed.
 - C. A greater work capacity is possible during practice.

4. What type of goals does nested planning incorporate?
 - A. micro-associated
 - B. meso-associated
 - C. macro-associated

5. Which of the following skill sets is most important during the defense phase?
 - A. line speed
 - B. work capacity
 - C. efficient handling

6. What type of drills are recommended to develop relative velocity for rugby union?
 - A. plyometric
 - B. skill-based
 - C. linear speed



7. Which of the following is part of a vertical integration approach to physical training?
 - A. Any physical fitness component is emphasized only once per week.
 - B. Strength training is completed at least two times per week.
 - C. Complete rest days occur every other day.

8. Where in the training week is contact skills training recommended?
 - A. beginning
 - B. middle
 - C. end

9. Which of the following roles is shared between the tactical/technical coach and the strength and conditioning coach?
 - A. performance stabilization
 - B. shared mental model
 - C. periodization

10. How long should work intervals last during a contact skills session?
 - A. 30-45 seconds
 - B. 1-2 minutes
 - C. 3 minutes