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Conference Video CEU Quiz

A Demonstration of Mental Toughness Techniques for Tactical Facilitators

1. How is mental toughness best developed?
 - A. practicing and training deliberately
 - B. participating in unit fitness classes
 - C. undergoing screening and selection

2. What is arousal control?
 - A. the level of influence a situation exerts on someone
 - B. the ability to regulate the fight-or-flight response
 - C. the manipulation of the training environment

3. Which of the following needs to be known to determine the arousal level needed for optimal performance?
 - A. experience level of the tactical operator
 - B. time of the last meal eaten beforehand
 - C. the nature of the task to be completed

4. What is the best arousal control technique during a tactical performance?
 - A. focusing on the task
 - B. decreasing breathing rate
 - C. relaxing the muscles

5. What is the effect of performing an arousal control technique at the same time as performing a target skill technique?
 - A. The target skill will be performed more effectively.
 - B. There will be interference of the target skill.
 - C. No effect will occur on the target skill.



6. What is the recommended inhalation count during tactical breathing?
 - A. 2 seconds
 - B. 4 seconds
 - C. 6 seconds

7. Which of the following is the most appropriate use of imagery?
 - A. It is better if performed separate from performance.
 - B. It should not be used together with performance.
 - C. It is best if done together with performance.

8. Which of the following are elements of imagery?
 - A. perspective, emotional, intellectual
 - B. timing, learning, psychological
 - C. environment, task, physical

9. From what perspective should imagery be performed?
 - A. first-person perspective
 - B. second-person perspective
 - C. third-person perspective

10. Which of the following should be the focus of self-talk?
 - A. future
 - B. past
 - C. present