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2026 RSCC RENEWAL COURSE QUIZ

Module #1: Leveraging AI in Strength and Conditioning

Source (Question #1-5): Andy Galpin, PhD, CSCS, NSCA-CPT, FNSCA. Human Performance Technologies, AI, and Other Advanced Tools, 2026 NSCA National Conference (July 2026)

1. According to the presenter, where does current AI and technology fall short in relation to the future of human performance?

    a. Evaluate results and determine goals
    b. Collect and share personal data
    c. Build digital twins and simulations

2. What is the most appropriate use of AI by strength and conditioning professionals?

    a. Programming
    b. Processing
    c. Decision Making

3. Which of the following should be considered when using emerging technologies with athletes in performance settings?

    a. Providing objective coaching recommendations to eliminate coaching biases
    b. Optimizing performance data by eliminating subjective coaching observations
    c. Enhancing coaching decisions while preserving fundamental coaching skills

4. AI is best at informing coaches and practitioners about which of the following?

    a. Providing context as to what is happening
    b. Providing instruction on exercise correction
    c. Providing decisions on what is effective

5. New technology and AI should meet which of the following criteria for responsible use?

    a. Improve efficiency, reduce staffing needs, require minimal oversight, and produce consistent results
    b. Improve efficiency, third-party validation, calibrated for your population, and defined success measures
    c. Enhance productivity, be widely available, require minimal training, and positive user feedback

Source (Question #6-10): The Irreplaceable Role of Strength and Conditioning in the Age of AI, by McMahon, E., Gregory, K., Brightwell, B., and Brodine, L. *NSCA Coach 12*(4), p. 4-7, November 2025

6. **True or False:** AI can serve as a force multiplier, allowing strength and conditioning coaches to focus more on the human elements of coaching while recognizing the limitations of technology.

    a. True
    b. False

7. According to the authors, which of the following aspects of coaching are particularly difficult or impossible for AI to fully replace?

    a. Calculating basic percentage-based loading schemes
    b. Generating categorical lists of exercises from a database
    c. Understanding individual athlete context and readiness

8. Which of the following best describes how strength and conditioning coaches use their knowledge when making daily training decisions?

    a. Coaches primarily consider an athlete's physical qualities and sport-specific demands
    b. Coaches rely primarily on their existing knowledge, beliefs, and values when making programming decisions
    c. Coaches consider physical qualities along with a variety of contextual factors related to the athlete, sport, and training environment

9. Which of the following are considered core human elements of coaching that AI is least likely to fully replace?

    a. Making recommendations and predictions
    b. Building trust and fostering relationships
    c. Organizing content libraries and automating processes

10. **True or False:** AI presents few legal and ethical risks because it relies on objective algorithms and incorporates built-in data protection measures.

    a. True
    b. False

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Module #2: Overtraining and Deloading

Source (Question #11-15): Overtraining Among Endurance Athletes – Factors and Recommendations for Prevention, by Giandonato, J. *NSCA Coach 13*(2), p. 14-16, May 2026

11. Fill in the Blanks: Overtraining is characterized by an imbalance in training stimuli and recovery, which has been shown to evoke feelings of _____ and _____, as well as eventuate decrements in _____.

    a. Motivation; Recovery; Athletic Performance
    b. Fatigue; Staleness; Athletic Performance
    c. Fatigue; Soreness, Training Volume

12. True or False: Sleep quality, nutritional status, hydration, prior illness, altitude, and psychological stress can contribute to an athlete's risk of overtraining.

    a. True
    b. False

13. When monitoring athletes for potential overtraining, which statement is most accurate?

    a. Decrements in performance are the only reliable indicator of overtraining
    b. A combination of subjective, training-load, physiological, and performance measures can help assess training status
    c. Isometric strength testing alone is sufficient to determine overtraining risk

14. Which phase represents the highest risk for overtraining among endurance athletes?

    a. General Physical Preparation
    b. Specific Physical Preparedness
    c. Competitive Phase

15. A sharp reduction in training volume (up to 50%) while intensity is maintained, typically implemented 1-2 weeks before competition, is described as which of the following?

    a. Step Taper
    b. Linear Taper
    c. Exponential Taper

Source (Question #16-20): A Practical Approach to Deloading: Recommendations and Considerations for Strength and Physique Sports, by Bell, L., Darragh, I.A.J., Travis, S.K., Rodgerson, D., and Nolan, D. *Strength and Conditioning Journal 48*(4), p. 413-423, August 2026

16. According to the expert-consensus definition referenced in the article, a deload period is best described as which of the following?

    a. A gradual progressive overload phase designed to maximize hypertrophy before competition
    b. A complete cessation of all training for 7-14 days to reverse overtraining symptoms
    c. A period of reduced training stress to mitigate fatigue, promote recovery, and enhance preparedness for subsequent training

17. According to the article, how frequently are preplanned deload periods commonly scheduled?

    a. Every 1-2 weeks
    b. Every 4-8 weeks
    c. At the conclusion of every microcycle

18. Which of the following statements most accurately reflects the difference between deloading and tapering?

    a. Both deloading and tapering have similar objectives and are typically used immediately before competition
    b. Deloading can occur at any point in training, whereas tapering aims to peak performance prior to competition
    c. Tapering involves a complete cessation of training, while deloading maintains normal training volume

19. Fill in the Blanks: During deload periods, some athletes will favor variations in exercise selection to reduce the risk of _____ and _____.

    a. Fatigue; detraining
    b. Muscle soreness; loss of strength
    c. Monotony; burnout*

20. True or False: Deload periods are primarily reactive and should only be implemented when athletes report significant fatigue or a noticeable decline in performance occurs.

    a. True
    b. False

[Continue to Module #3]

Module #3: Speed and Agility

Source (Question #21-25): Training Agility Over 60-180° Turns: Underpinning Mechanics and the Synergy of Base of Support, Center of Mass, and Direction of Force, by Turner, A.N. *Strength and Conditioning Journal* [Published Ahead of Print], June 2026

21. Which combination of factors is most important for understanding effective turning mechanics?

    a. Center of mass, base of support, and direction of force
    b. Body mass, stride length, and ground contact time
    c. Hip mobility, trunk mobility, and arm swing

22. True or False: During a 180° turn, the outside leg should provide the final deceleration step before the athlete reaccelerates.

    a. True
    b. False

23. Which strategy best allows an athlete to generate a more horizontally directed force during a 180° turn?

    a. Maintaining a wide base of support with the center of mass between the feet
    b. Placing the center of mass outside a narrow base of support
    c. Keeping the center of mass directly over the foot throughout the turn

24. Fill in the Blank: As an athlete's approach velocity increases, stopping distance and stopping time generally _____.

    a. Increase
    b. Decrease
    c. Remain unchanged

25. What is the purpose of the "dummy" step during a 60° turn?

    a. To allow the athlete to maintain a wide base of support during deceleration
    b. To initiate a crossover step before the athlete reaches the turning point
    c. To load the outside leg for the subsequent turn and acceleration

Source (Question #26-30): Derek Hansen, MA, CSCS. The 10x10 Protocol for Performance and Return to Play, 2026 NSCA National Conference (July 2026)

26. According to the presenter, which component of athletic development has been largely displaced, contributing to elevated injury rates and diminished resiliency?

    a. General physical preparation
    b. Maximal strength training
    c. Sport-specific conditioning

27. **Fill in the Blanks:** Early acceleration sprint mechanics emphasize a _____ body position.

    a. Horizontal
    b. Vertical
    c. Lateral

28. According to the presenter, which work-to-recovery ratio is recommended for the 10x10 protocol in rehabilitation and return-to-play scenarios?

    a. 1:2
    b. 1:5
    c. 1:8

29. **True or False:** Benefits of the 10x10 protocol include being scalable to large groups, requiring minimal equipment, and focused on repeat sprint ability (alactic endurance).

    a. True
    b. False

30. Which of the following methods are recommended by the presenter to monitor the 10x10 protocol?

    a. GPS monitoring and motion sensors
    b. Time-to-completion and fixed duration repetitions
    c. Monitoring is not recommended

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