

CCSP Practice Test Questions and Answers

1. What does proprioception training help improve?

- A) Muscle hypertrophy
- B) Bone density
- C) Joint awareness and coordination
- D) Heart rate

2. Why is hydration important for athletic performance?

- A) Prevents lactic acid buildup
- B) Improves mood
- C) Regulates temperature and muscle function
- D) Reduces bone fractures

3. Why is progressive overload important in rehabilitation?

- A) To shock the body for quick recovery
- B) To prevent any physical stress
- C) To stimulate recovery through gradual challenge
- D) To allow complete rest for tissues

4. What is the primary concern when evaluating a concussion?

- A) Elevated heart rate
- B) Loss of consciousness or confusion
- C) Muscle spasms
- D) Knee instability

Answers: 1-C 2-C 3-C 4-B

For More CCSP Questions and Answers FREE, CCSP Online Prep Training,
CCSP Exam, CCSP Study Guide, CCSP Flashcards, CCSP Quizzes visit:

CCSP Practice Test