

CSCS Practice Test Questions and Answers

1. What does CSCS stand for in strength and conditioning?

- A) Certified Strength and Conditioning Specialist
- B) Certified Sports and Conditioning Specialist
- C) Certified Sports Conditioning Specialist
- D) Certified Strength Coaching Specialist

2. Which energy system is primarily used during high-intensity exercise lasting 10-15 seconds?

- A) Aerobic system
- B) Phosphocreatine system
- C) Glycolytic system
- D) Lactate system

3. What is the principle of progressive overload?

- A) Decreasing training intensity over time
- B) Gradually increasing training demands to promote adaptation
- C) Maintaining the same workout routine indefinitely
- D) Training only once per week

4. Which muscle fiber type is best suited for endurance activities?

- A) Type I (slow-twitch)
- B) Type IIa (fast-twitch oxidative)
- C) Type IIx (fast-twitch glycolytic)
- D) All fiber types equally

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

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