

CSN Practice Test Questions and Answers

1. What is VO2 max a measure of?

- A) Muscle strength
- B) Anaerobic threshold
- C) Maximum oxygen uptake
- D) Heart rate

2. Why is hydration important for athletes?

- A) Reduces muscle growth
- B) Improves eyesight
- C) Maintains performance and body temperature
- D) Increases fat loss

3. What is periodization in program design?

- A) Random exercise changes
- B) Unplanned workouts
- C) Structured training cycles
- D) Continuous overload

4. What does the 'S' in SMART goals stand for?

- A) Strong
- B) Simple
- C) Specific
- D) Sustainable

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

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