

# Certified Strength and Conditioning Specialist Practice Test Questions and Answers

## 1. Meaning of Distal...

- A) Further from the head
- B) Closer to the trunk
- C) Closer to head
- D) Further from the trunk

## 2. What is the name of a muscle cell's membrane?

- A) Sarcolemma
- B) Epimysium
- C) Sarcoplasmic Reticulum
- D) Transverse Tubule

## 3. The longer the moment arm of muscle force when working with levers...

- A) ...the shorter the moment arm of the resistive force
- B) ...the less force needed to overcome the resistive force
- C) ...the longer the moment arm of the resistive force
- D) ...the more force needed to overcome the resistive force

## 4. Which of the following doesn't represent a particular kind of muscle action?

- A) Eccentric
- B) Concentric
- C) Plyometric
- D) Isometric

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

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