

Crossfit Practice Test Questions and Answers

1. Why is cueing important in CrossFit coaching?

- A) It reduces athlete engagement
- B) It helps improve movement patterns and safety
- C) It discourages modifications
- D) It complicates workout instructions

2. In CrossFit's model, intensity is defined as:

- A) Perceived effort on a scale of 1-10
- B) Heart rate as a percentage of maximum
- C) Relative power output (work per unit time)
- D) The total number of repetitions completed

3. What is a key benefit of pre-workout nutrition?

- A) It slows down digestion
- B) It sustains energy and enhances performance
- C) It causes early fatigue
- D) It eliminates the need for hydration

4. How does proper scaling improve safety in CrossFit?

- A) Forcing all athletes to use the same weights
- B) Allowing modifications to match fitness levels
- C) Ignoring movement limitations
- D) Reducing the need for coaching adjustments

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

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