

# FRC Practice Test Questions and Answers

## 1. What is the goal of mobility training?

- A) To increase muscle mass.
- B) To improve joint range of motion, stability, and movement efficiency.
- C) To focus on endurance training.
- D) To build strength in isolation.

## 2. How does joint stability affect mobility?

- A) Joint stability limits mobility.
- B) Stability allows for controlled movement, reducing risk of injury and enhancing mobility.
- C) Joint stability has no impact on mobility.
- D) Joint stability only affects strength.

## 3. What is the first step in mobility training?

- A) Focus on strengthening the muscles.
- B) Assess the joint's range of motion and identify restrictions.
- C) Start with aerobic exercises.
- D) Only focus on flexibility exercises.

## 4. How do joint mechanics impact movement efficiency?

- A) Joint mechanics only affect muscle strength.
- B) It helps optimize movement patterns, reduce inefficiencies, and minimize injury risk.
- C) Joint mechanics do not affect movement efficiency.
- D) Joint mechanics are irrelevant in functional movement.

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

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