

Functional Range Conditioning Practice Test Questions and Answers

1. What is the primary goal of Functional Range Conditioning (FRC)?

- A) Building muscle mass only
- B) Developing strength and control throughout full ranges of motion
- C) Improving cardiovascular endurance exclusively
- D) Focusing on static stretching only

2. Which principle is fundamental to FRC methodology?

- A) Passive stretching without resistance
- B) Progressive Adaptation of Ranges under Load (PAR)
- C) High-intensity cardio training
- D) Static hold positions only

3. What does "CARs" stand for in FRC training?

- A) Cardio And Resistance Systems
- B) Controlled Articular Rotations
- C) Core And Range Stretches
- D) Competitive Athletic Routines

4. Which component is essential for developing functional mobility in FRC?

- A) Passive flexibility alone
- B) Active range of motion with strength and control
- C) Avoiding end-range positions
- D) Quick ballistic movements only

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

For More Functional Range Conditioning Questions and Answers FREE, Functional Range Conditioning Online Prep Training, Functional Range Conditioning Exam, Functional Range Conditioning Study Guide, Functional Range Conditioning Flashcards, Functional Range Conditioning Quizzes visit:

Functional Range Conditioning Practice Test

Practice Test Geeks © All Rights Reserved