

NSCA-CSCS Practice Test Questions and Answers

1. What does CSCS stand for in the NSCA certification?

- A) Certified Strength and Conditioning Specialist
- B) Certified Sports and Conditioning Specialist
- C) Certified Safety and Conditioning Specialist
- D) Certified Strength and Cardiovascular Specialist

2. What is the primary energy system used during a 100-meter sprint?

- A) Aerobic system
- B) Lactate system
- C) Phosphocreatine system
- D) Oxidative system

3. Which training principle refers to gradually increasing training demands?

- A) Specificity
- B) Progressive overload
- C) Reversibility
- D) Individual differences

4. What is the recommended rest period between sets for maximum strength training?

- A) 30-60 seconds
- B) 1-2 minutes
- C) 2-5 minutes
- D) 5-10 minutes

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

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