

NSCA CSCS Practice Test Questions and Answers

1. What does the phrase "impulse" mean?

- A) the relationship between force and time
- B) the relationship between force and velocity
- C) the relationship between power and velocity
- D) the relationship between acceleration and velocity

2. Protein has ____ calories per gram.

- A) 9
- B) 6
- C) 2
- D) 4

3. What is the main goal of workload management?

- A) Developing good sportsmanship
- B) Promoting injury-free participation
- C) Winning championships
- D) Achieving maximum athletic performance

4. What does this article aim to reduce in athletes?

- A) Risk of illness and injury
- B) Exercise intensity
- C) Quality of sleep
- D) Competition anxiety

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

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