

SBC Practice Test Questions and Answers

1. Proprioception is best defined as:

- A) The ability to see clearly in dim light
- B) The body's sense of its own position and movement in space
- C) Cardiovascular endurance
- D) Maximal muscle force production

2. How can a stability ball help improve posture?

- A) By forcing the body to maintain proper alignment during exercises
- B) By providing resistance training
- C) By isolating specific muscle groups
- D) By increasing cardiovascular endurance

3. Periodization in a stability ball program means:

- A) Using the same workout every session
- B) Systematically varying training variables over time to promote adaptation and prevent plateau
- C) Performing only ball exercises exclusively
- D) Randomizing exercises each session

4. In stability ball programming, 'tempo' refers to:

- A) How fast the client runs during cardio
- B) The speed of the eccentric, isometric, and concentric phases of an exercise
- C) The height of the ball relative to the client
- D) The number of exercises in a circuit

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

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