

# SCI Practice Test Questions and Answers

## 1. What does FTP stand for in power-based training?

- A) Final Training Pace
- B) Functional Threshold Power
- C) Fast Tempo Pulse
- D) Force Training Percentage

## 2. Why is training in specific power zones beneficial?

- A) It keeps the class shorter.
- B) It reduces the need for warm-ups.
- C) It targets specific fitness outcomes effectively.
- D) It avoids any need for cooldowns.

## 3. Why is proper bike fit essential in preventing injuries?

- A) It helps burn more calories.
- B) It ensures consistent RPM.
- C) It reduces the risk of strain and repetitive injuries.
- D) It increases resistance automatically.

## 4. How does proper saddle height affect cycling performance?

- A) Optimizes muscle recruitment and reduces knee stress
- B) Makes the bike more comfortable for long rides
- C) Allows for easier mounting and dismounting
- D) Reduces wind resistance

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

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

## SCI Practice Test