

# SCS Practice Test Questions and Answers

## 1. What is VO2 max?

- A) Maximum muscle strength
- B) Maximum oxygen uptake
- C) Maximum endurance
- D) Maximum flexibility

## 2. What is the R.I.C.E. method used for?

- A) Speed up muscle growth
- B) Treat soft tissue injuries
- C) Increase muscle flexibility
- D) Prevent cardiovascular issues

## 3. What does anaerobic training improve?

- A) Endurance in long-distance running
- B) Short-duration, high-intensity performance
- C) Fat loss
- D) Aerobic capacity

## 4. What is the purpose of interval training?

- A) Increase continuous exertion
- B) Improve endurance and cardiovascular capacity with work-rest intervals
- C) Limit workout duration
- D) Decrease intensity

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

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