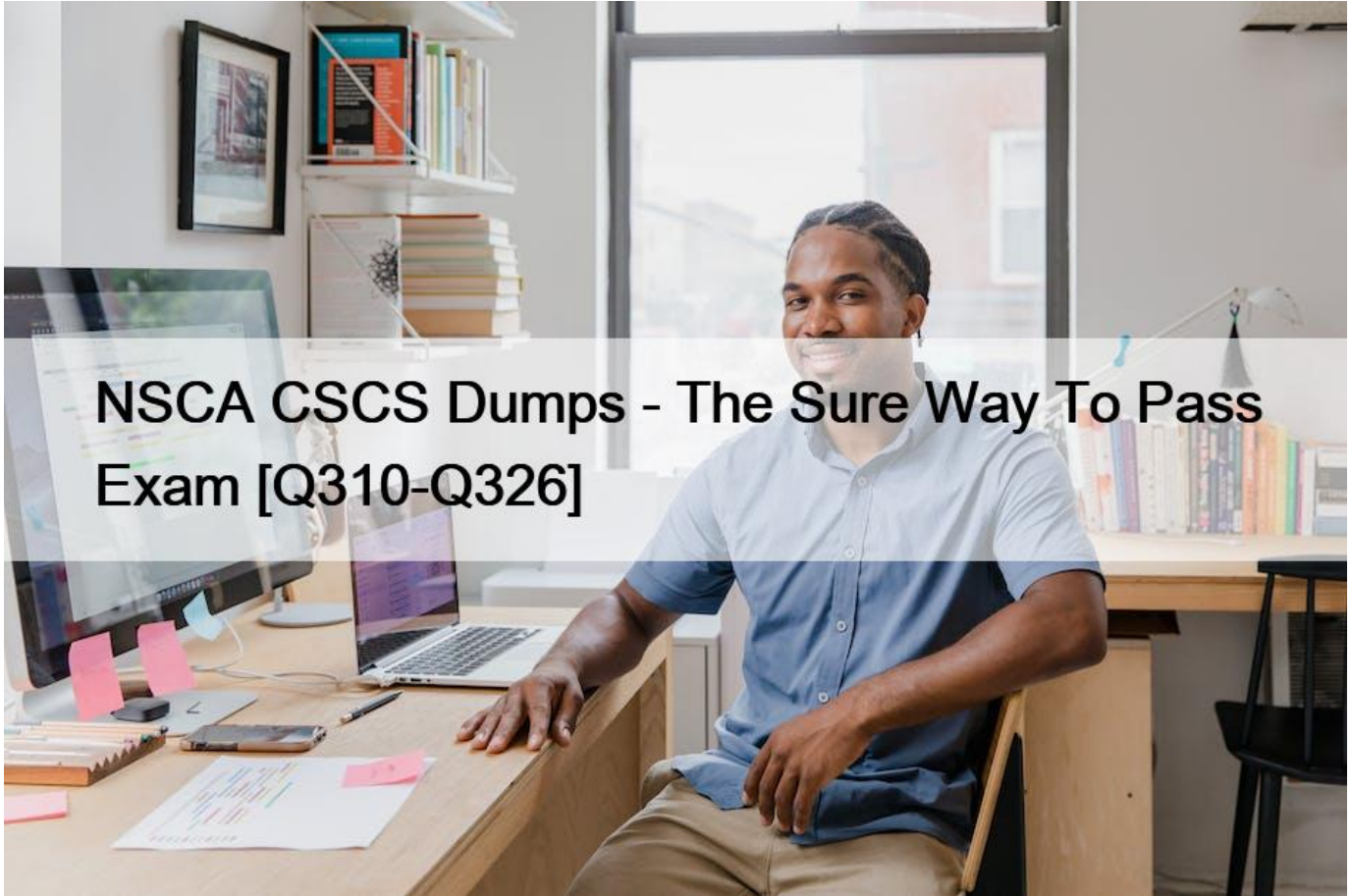


## NSCA CSCS Dumps - The Sure Way To Pass Exam [Q310-Q326]



NSCA CSCS Dumps - The Sure Way To Pass Exam  
CSCS Exam Questions (Updated 2023) 100% Real Question Answers

**Cost of NSCA CSCS: Certified Strength and Conditioning Specialist Exam**  
The price of the CSCS test is \$279 for participants and \$349 for non-members.

**NO.310** Identify the correct path in which inhaled air is distributed to the lungs.

- \* Trachea, Bronchi, Bronchioles, Alveoli
- \* Trachea, Alveoli, Bronchi, Bronchioles,
- \* Trachea, Bronchioles, Bronchi, Alveoli
- \* Trachea, Alveoli, Bronchioles, Bronchi

**NO.311** A lever in which the muscle force and resistive force act on opposite sides of the fulcrum is referred to as?

- \* First class
- \* Second class
- \* Third class
- \* Fourth class

**NO.312** Which of the following is the primary energy system at work when the body is at rest?

- \* Phosphagen
- \* Slow glycolysis
- \* Fast glycolysis
- \* Oxidative

**NO.313** Which of the following exercises involves a first-class lever?

- \* standing calf (heel) raise.
- \* dumbbell biceps curl
- \* Lying Triceps extension
- \* Lying hamstring curl

**NO.314** Benches should be spaced so that there is a minimum of how many inches between barbell ends?

- \* 18 inches
- \* 24 inches
- \* 30 inches
- \* 36 inches

**NO.315** Which of the following best describes appropriate activity during the competition period for a college football wide receiver?

- \* Low intensity recreational exercise
- \* High volume, low intensity resistance training
- \* Sprinting specific plyometric drills
- \* High volume, high intensity resistance training

**NO.316** The greatest muscle force in the biceps brachii can be generated during which of the following actions?

- \* Isometrically holding the barbell perpendicular to the floor during a biceps curl exercise
- \* Slowly performing a concentric muscle action during a biceps curl
- \* Rapidly performing a concentric muscle action during a biceps curl
- \* Slowly lowering the barbell during a biceps curl with a load that is greater than the 1 RM

**NO.317** In order to help prevent injuries in female athletes it is important to stress which of the following?

- \* Optimize dietary intake
- \* Decrease body fat
- \* Provide a longer off-season to increase recovery
- \* Increase resistance of exercises often

**NO.318** The degradation of one blood glucose molecule via the oxidative energy system produces approximately how many ATP?

- \* 35
- \* 38
- \* 41
- \* 42

**NO.319** During the competitive season the men's soccer team has limited training time, which of the following arrangement of exercises minimizes the length of rest periods and decreases overall training time?

- \* Deadlift, Dumbbell Shoulder Press, Leg Curl, Bench Press
- \* Bench Press, Deadlift, Leg Curl, Dumbbell Shoulder Press
- \* Bench Press, Dumbbell Shoulder Press, Leg Curl, Deadlift
- \* Deadlift, Bench Press, Dumbbell Shoulder Press, Leg Curl

**NO.320** A college soccer player is taking part in an interval training session using 1:1 work to rest ratios at 25% maximal power. She runs for 4 minutes then rests for 4 minutes. This type of training primarily stresses what system?

- \* Phosphagen
- \* Fast Glycolysis
- \* Fast Glycolysis and Oxidative
- \* Oxidative

**NO.321** Which of the following would represent a recommended temperature range for the strength and conditioning facility?

- \* 64-68
- \* 72-78
- \* 78-82
- \* 78-84

**NO.322** According to MyPlate, a sedentary adult male should consume approximately how many cups from the fruit group per day?

- \* 1 cup
- \* 2 cups
- \* 4 cups
- \* 6 cups

**NO.323** Which of the following exercises would closely mimic the resistance encountered while swimming the breast stroke?

- \* Triceps Pushdown
- \* Seated Shoulder Press
- \* Lat Pulldown
- \* Biceps Curl

**NO.324** Which of the following is an example of an accommodating load?

- \* Free Weights
- \* Chains
- \* Resistance Bands
- \* A device that controls the speed of movement throughout a range of motion

**NO.325** Which of the following sequences of exercises is most appropriate for a female college basketball player entering the preseason?

- \* Hang Clean, Front Squat, Incline Bench Press, Triceps Pushdown
- \* Incline Bench Press, Triceps Pushdown, Front Squat, Hang Clean
- \* Front Squat, Seated Row, Incline Bench Press, Push Jerk
- \* Incline Bench Press, Seated Row, Push Jerk, Hang Clean

**NO.326** Which of the following are tests of maximum muscular power?

I. Vertical Jump

II. Margaria-Kalamen Test

III. 1 RM Back Squat

IV. 1 RM Power Clean

- \* I, II, III only
- \* I, IV only

- \* III, IV only
- \* I, II, IV only

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