

TESTPASSPORT

ÜBUNGSFRAGEN



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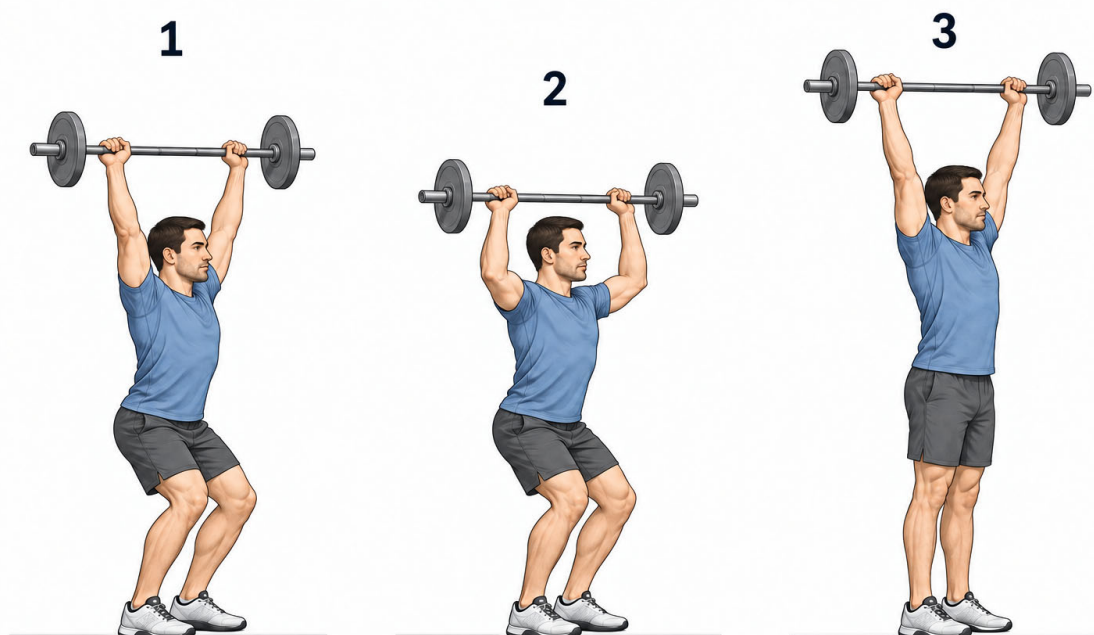
Exam : CSCS

**Title : Certified Strength and
Conditioning Specialist**

Version : DEMO

1. The figure shows three receiving positions for a push jerk immediately after the drive. Which position is MOST appropriate at this receiving instant, before standing upright?

Push-jerk receiving positions



Receiving instant; all athletes face right.

- A. Position 1
- B. Position 2
- C. Position 3

Answer: A

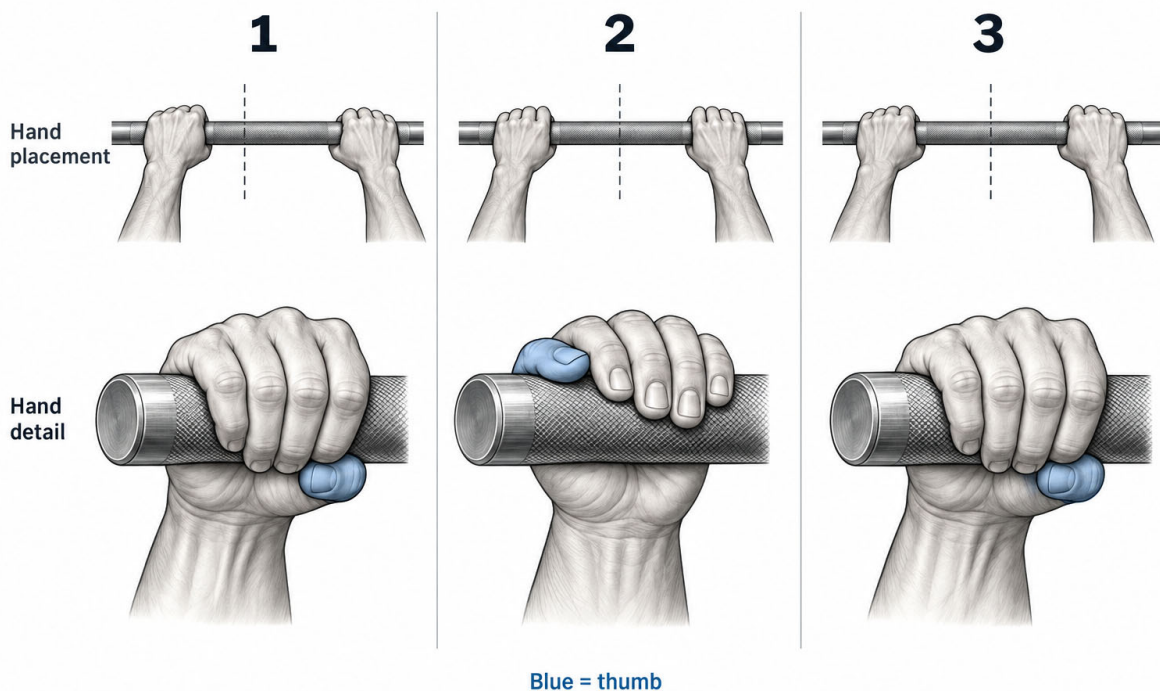
Explanation:

Position 1 receives the bar overhead with extended elbows and flexed hips and knees. Position 2 retains flexed elbows; Position 3 shows straight hips and knees rather than the receiving dip. A identifies the receiving position, not a measurement of drive velocity.

2. The figure shows three proposed flat bench-press grip arrangements. Both hands use the grip detail shown for their arrangement. Which setup combines symmetric hand placement with a closed, thumb-wrapped grip?

Which setup combines symmetric hand placement with a closed, thumb-wrapped grip?

Bench-press grip arrangements



- A. Setup 1
- B. Setup 2
- C. Setup 3

Answer: C

Explanation:

C is correct. The hands are symmetric and the blue thumb wraps opposite the fingers. The figure establishes symmetry and thumb wrap, not a universal grip width or the complete safety setup.

3. A downward external force of 300 N acts with a perpendicular moment arm of 0.40 m about a joint. What is the magnitude of the external torque about that joint?

- A. 60 N·m
- B. 120 N·m
- C. 750 N·m

Answer: B

Explanation:

Torque magnitude equals force times the perpendicular moment arm: $300 \text{ N} \times 0.40 \text{ m} = 120 \text{ N}\cdot\text{m}$. The supplied perpendicular distance already accounts for geometry, so an additional angle factor is unnecessary.

4. What is the role of a fixator during a movement?

- A. Stabilize an attachment or body segment so the prime mover can act effectively
- B. Produce the movement opposite to the prime mover
- C. Provide the principal force for the named movement

Answer: A

Explanation:

A fixator stabilizes an attachment or body segment so the prime mover can act effectively. B describes an antagonist; C describes the prime mover. These roles are defined relative to the movement being considered.

5. A training block produces the standardized results in the table. The jump decline exceeds usual variation. The role requires bodyweight jumping and at least 150 kg of absolute squat strength. Using relative strength = 1RM /body mass, which recommendation BEST integrates the profile?

Measure	Before	After
Body mass (kg)	70	85
Back-squat 1RM (kg)	140	160
Jump height (cm)	35	31

- A. Continue the mass-gain emphasis and use absolute squat strength as the main progress measure
- B. Emphasize jumping and relative strength while maintaining sufficient absolute squat strength
- C. Prioritize further absolute squat gains while retaining the current jump-training emphasis

Answer: B

Explanation:

Absolute squat strength exceeds 150 kg, but relative strength falls from $140/70 = 2.00$ to $160/85 \approx 1.88$, and jump height declines. B addresses the role-relevant deficits while maintaining sufficient absolute strength. A continues the mass-gain priority; C prioritizes a quality already above the required threshold. Review any body-mass strategy with the dietitian without assigning a single cause to the jump decline.