



**FOR REFERENCE PURPOSES ONLY -
THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

Conference Video Quiz
The Squat: How it Improves Athletic Performance

1. What is the recommended minimum amount of recovery time between high-load squatting sessions?
 - A. 24 hours
 - B. 48 hours
 - C. 72 hours

2. Which signs of overtraining were noted as being key and easily identifiable?
 - A. loss of appetite, persistent soreness, psychological weakness
 - B. anger outbursts, decreased sex drive, difficulty sleeping
 - C. decreased heart rate, trouble focusing, weight gain

3. Which of the following best describes the relationship between speed and strength?
 - A. Speed must be increased for strength to be increased.
 - B. Strength must be decreased for speed to be increased.
 - C. Increases in strength and speed are interdependent.

4. In the context of sports performance, strength is normally most important in its relation to move moderate loads for
 - A. speed.
 - B. distance.
 - C. repetitions.

5. Why is it recommended that athletes lift using flat-soled shoes?
 - A. They will produce greater force.
 - B. It is how the foot is meant to act.
 - C. This will lessen the risk for injury.



6. Which of the following training variables will help retain Type 2 muscle fibers?
 - A. high volume
 - B. high load
 - C. high repetition

7. Which muscles should be activated as much as possible during the squat?
 - A. biceps femoris
 - B. erector spinae
 - C. rectus femoris

8. What should the squat be treated as?
 - A. a knee flexion exercise
 - B. a hip extension exercise
 - C. an isometric exercise

9. What should athletes be taught to do when they squat?
 - A. stand up
 - B. sit down
 - C. push out

10. Which of the following positions is recommend during the back squat?
 - A. chin up
 - B. butt down
 - C. chest up