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**2024 RSCC RENEWAL COURSE QUIZ**

**Module #1: Microdosing and Workload Considerations in Training**

**Source (Question #1-5):** Dr. Jordan Troester, High-Impact Player Tracking: A Technical-Relational Model, NSCA 3Ts of Sport Performance: Testing, Tracking, and Training Clinic (December 2023).

1. Which four factors and order were identified within the Technical-Relational Model related to player tracking technology?
  - a. Plan, Monitor, Manage, and Profile
  - b. Plan, Profile, Monitor, and Manage
  - c. Profile, Plan, Monitor, and Manage
2. Determining acceleration and deceleration from GPS technology represent which level of metrics?
  - a. Level 1 Metrics
  - b. Level 2 Metrics
  - c. Level 3 Metrics
3. **True or False:** Using the same technology device(s) in a consistent manner is best to ensure the validity and reliability of athlete tracking.
  - a. True
  - b. False
4. Coaches can enhance their knowledge of training session and practice workload by \_\_\_\_\_ specific drill demands and using this information to \_\_\_\_\_ training load.
  - a. Benchmarking; Periodize
  - b. Estimating; Reduce
  - c. Color-coding; Standardize

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5. Best practices for the management of athlete tracking include which of the following?
- Training load from the planning process should be consistently adhered to and repeated as prescribed.
  - Training load should be regularly evaluated to ensure the training stimulus is producing the desired training result.
  - Individual and position-specific loading progressions should be treated as a secondary priority within team training progressions.

**Source (Question #6-10):** Cuthbert, M., Haff, G.G., McMahon, J.J., Evans, M., Comfort, P. Microdosing: A Conceptual Framework for use as Programming Strategy for Resistance Training in Team Sports. *Strength and Conditioning Journal* 46(2), p. 180-201, April 2024.

6. **True or False:** Microdosing is synonymous with “Minimum Effective Dose” in training.
- True
  - False
7. Although not exclusively, microdosing may be most appropriate during which phase of training?
- Off-season, when there is more time for experimentation in programming
  - Pre-season, when acute workload is elevated
  - In-season, during periods of frequent competition
8. Use of \_\_\_\_\_ during microdosed training sessions can result in improved performance during subsequent training activity.
- Concurrent Training
  - RBE and Sequencing
  - PAPE and Priming
9. **True or False:** Microdosing may be used to enhance motor learning by providing more focused and frequent training opportunities than traditional training.
- True
  - False
10. Using the scenarios in Table 2, which training option would be most appropriate for a weaker athlete with a low training age who prefers spending less time in the gym each day?
- Option A
  - Option B
  - Option C

**Source (Question #11-15):** Bonder, I., and Shim, A. Microdosing: Resistance Training Frequency and its Implications for Sports Performance, *NSCA Coach* 9(2), p. 14-20, 2022.

11. **True or False:** Shorter, more frequent strength and endurance training sessions have been shown to be as effective as longer, less frequent sessions in military populations.
- True
  - False
12. How long is a typical microdosing workout?
- 15-30 minutes
  - 30-45 minutes
  - 45-60 minutes
13. Which of the following are contraindicated in microdosing programs?
- Compound, multi-joint movements
  - Supersets, compound sets, and drop sets
  - Single-joint, isolation, and unilateral exercises
14. **True or False:** The authors suggest that microdosing should only be applied for weight room sessions that focus on strength and power.
- True
  - False
15. The following is true about the relationship between warm-up, cool-down, and microdosing workout sessions.
- General cardiovascular warm-up and cool-down enhance the benefits of microdosing sessions and recovery.
  - Structured training sessions should always include a specific warm-up and cool-down period with static stretching.
  - Coaches should use discretion to ensure that athletes are warmed-up to optimize performance within microdosing workouts, including performing exercises through a full range of motion.

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## Module #2: Coaching Processes and Professionalism

**Source (Question #16-20):** Wainright, R. Professional is Proactive: Avoiding Damage is Reactive, 2024 NSCA Coaches Conference (January 2024).

16. Regarding legal responsibility, failure to exercise the standard of care that a reasonable and prudent strength and conditioning coach would have exercised in a similar situation defines which of the following?
- Breach
  - Liability
  - Negligence
17. **True or False:** Trusting third-party product testing labels is sufficient to shield strength and conditioning coaches and other professionals from legal liability related to supplement product safety and repercussions due to positive drug tests.
- True
  - False
18. The use of mental toughness workouts and exercise volumes that exceed normal ranges found in scientific research could result in which of the following legal claims?
- Gross negligence
  - Medical negligence
  - Professional malpractice
19. **True or False:** The improper collection and reporting of performance data, including device calibration, validity, and reliability, are risk areas for legal claims with athletes.
- True
  - False
20. Potential legal risks with offering unpaid strength and conditioning internships include which of the following?
- Indirect disclosure
  - Fair housing standards
  - Disparate impact

**Source (Question #21-25):** Turner, A.N. What Is Evidence-Based Practice in Strength and Conditioning? *Strength and Conditioning Journal*, Online Ahead of Print (April 2, 2024).

21. In strength and conditioning, evidence-based practice involves integrating \_\_\_\_\_ with \_\_\_\_\_ such that the individual needs of athletes are met in terms of physicality, values, preferences, and constraints.
- Novel training methods; Stakeholder demands
  - Medical viewpoints; Practitioner needs
  - Scientific research; Coach experience
22. Which of the following terms is used to describe programming and decision-making by strength and conditioning coaches at times when scientific research is inadequate?
- Evidence-based practice
  - Empirical decision making
  - Theory-based practice
23. Which level of evidence is described as the screening of databases to find and report on relevant studies to develop a consensus and improve understanding of the topic area?
- Meta-analysis
  - Randomized control trial
  - Cohort study
24. **True or False:** According to the author, strength and conditioning coaches should avoid experimenting with training interventions and volume-load prescriptions to avoid health and financial risks.
- True
  - False
25. According to the article, the role of the strength and conditioning coach is to choose training interventions that they perceive as having the highest probability of success and then modify and adapt from there. This process requires the coach to consider which of the following?
- Attitude, archetype, and adaptability
  - Culture, constraints, and context
  - Physicality, proficiency, and potential

**Source (Question #26-30):** Stebbing, G. A Creative Mind in the Professional Development of a Strength and Conditioning Coach. *NSCA Coach* 11(1), p. 22-25, February 2024.

26. Innovation and creativity in coaching include the following two dimensions.

- a. Knowledge and communication
- b. Self-reflection and open-mindedness
- c. Education and experience

27. **True or False:** In a strength and conditioning context, the term “Consilience” refers to the agreement between similar knowledge disciplines to improve the focus and certainty of programming.

- a. True
- b. False

28. Methods of creativity in coaching may include which of the following?

- a. Reusing a program
- b. Planned de-load periods
- c. Microdosing volume

29. Which of the following scenarios explains an effective creative problem-solving approach?

- a. The coach follows a structured philosophy of training based on her own past experiences. The coach feels this is the most effective approach because of the success of the program with previous athletes.
- b. The team captains approach the coach with a unique exercise from an Instagram post by their rival school. The coach cannot find evidence to support this new approach but finds a compromise because he feels under pressure to add it to the program.
- c. A coach seeks to add more variety to the program. She adds an “Instagram Exercise of the Day” to the team workout. The coach likes that his athletes get to “try everything” regardless of the scientific basis or effectiveness of the training.

30. How are strength and conditioning coaches uniquely positioned to inform evidence-based practice and athlete-coach interaction?

- a. Coaches have a deeper understanding of long-term training and periodization interventions than what is represented in most research studies.
- b. The field of strength and conditioning is cyclical, with today's trends often echoing past ones.
- c. Coaches are effective at cuing a variety of exercises with athletes based on emerging trends.

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