

Game Speed Training in Baseball

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Note: This quiz may be used by the CSCS and NSCA-Certified Personal Trainer to acquire 0.5 CEU. Certified Athletic Trainers will receive 1 CEU for completing this CEU Quiz.
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- To enhance the safety and effectiveness of plyometric drills specific to baseball, the strength and conditioning professional should instruct the athlete in which of the following ways?
 - perform on concrete with cross-training shoes
 - perform on dry grass with baseball cleats
 - perform on the warning track gravel with baseball cleats
 - perform in the weight room with cross-training shoes
- For a batter who hits a pitch, the initial acceleration phase begins at home plate and occurs through which of the following?
 - 5 meters
 - 15 meters
 - 30 meters
 - 40 meters
- When conducting drills to improve the athlete's ability to steal bases, the strength and conditioning professional should instruct the athlete to achieve which of the following during the acceleration phase?
 - 90 degree horizontal lean
 - 60 degree horizontal lean
 - 45 degree horizontal lean
 - 30 degree horizontal lean
- According to the size principle, strength and conditioning professionals should select acceleration training exercises that
 - recruit the smallest motor units at the fastest rate.
 - recruit the largest motor units at the slowest rate.
 - recruit the smallest motor units at the slowest rate.
 - recruit the largest motor units at the fastest rate.
- Which of the following orders of progression should the athlete follow for training simple to complex drills in curvilinear acceleration?
 - strength band training
 - snow cone arc
 - circle arc
 - drop step arc
 - 1, 3, 2, 4
 - 2, 1, 4, 3
 - 3, 4, 1, 2
 - 4, 2, 3, 1
- Safely performing which of the following exercises is the suggested guideline to determine if an athlete is physically ready to participate in plyometric exercises?
 - squat of at least 1.0 times their body weight
 - squat of at least 1.5 times their body weight
 - deadlift of at least 1.5 times their body weight
 - deadlift of at least 1.0 times their body weight
- As the baseball conditioning program progresses from pre-season training to in-season training, which of the following should occur in the number of repetitions and intensity level of conditioning drills?

<u>Repetition</u>	<u>Intensity</u>
A. decrease	increase
B. decrease	decrease
C. increase	decrease
D. increase	increase
- Which of the following body segment positions will allow for optimal acceleration from the stance position for an athlete who is attempting to steal second base?
 - left hand placed at right hip
 - knees flexed to 45 degrees
 - feet slightly wider than shoulder width
 - head flexed forward with eyes looking down
- When performing curvilinear running drills to mimic base running in baseball, which of the following positions will the feet be in?

<u>Left foot</u>	<u>Right foot</u>
A. supinated	pronated
B. pronated	supinated
C. supinated	supinated
D. pronated	pronated
- Which of the following is the primary energy system used when sprinting from home plate to first base after the batter hits a pitch?
 - ATP-CP
 - fast glycolysis
 - slow glycolysis
 - oxidation

CSCS and NSCA-CPT CEU Quiz Answer Form

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	A	B	C	D
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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