

# Agility Training for Experienced Athletes: A Dynamical Systems Approach

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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.  
BOC Approved Provider #: P434



1. Which of the following is an open skill drill?
  - A. hexagon drill
  - B. mirror drill
  - C. line drill
  - D. t-test
2. Which of the following increases during agility training with unplanned movements?
  - I. lower body strength
  - II. reaction time
  - III. risk of injury
  - IV. translation to sport
  - A. I and II only
  - B. I and III only
  - C. II and IV only
  - D. III and IV only
3. Which of the following outcomes occur when a novice level athlete is given a task with a high level of contextual interference?
  - A. decreased skill performance
  - B. increased skill performance
  - C. increased central fatigue
  - D. decreased central fatigue
4. Which of the following drills has the highest level of contextual interference?
  - A. serving in tennis
  - B. kicking a soccer ball
  - C. receiving a serve in volleyball
  - D. shooting a basketball over a defender
5. Which of the following is a closed skill drill?
  - A. pro-agility drill
  - B. shadow drill
  - C. mirror drill
  - D. tag drill
6. When training for technical proficiency, which of the following times is ideal to schedule agility training?
  - A. after practice
  - B. before practice
  - C. after resistance training
  - D. in the middle of practice
7. Compared to novice athletes, skilled athletes demonstrate an increase in which of the following?
  - A. total movement time
  - B. decision-making time
  - C. visual search strategies
  - D. movement initiation time
8. A high amount of variability in an agility drill will produce which of the following?
  - A. increased reaction times
  - B. decreased translation to sport
  - C. advanced skill acquisition
  - D. inhibited perception of task-relevant cues
9. All of the following are reactive agility training drills EXCEPT
  - A. shadow activities.
  - B. pro-agility drills.
  - C. mirror drills.
  - D. tag games.
10. Which of the following type of drill is recommended for novice athletes?

	<u>Contextual Interference</u>	<u>Style</u>
A.	low	closed
B.	low	open
C.	high	closed
D.	high	open

**Recertification Reminder**

**12/31/2011**

**It's never too early to begin...**

# CSCS and NSCA-CPT CEU Quiz Answer Form

## Agility Training for Experienced Athletes: A Dynamical Systems Approach (Volume 31, Number 5, Pages 73-78)

	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"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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