

Using the Body Weight Forward Lunge to Screen an Athlete's Lunge Pattern

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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



- The downward movement phase of the forward lunge is controlled eccentrically by which of the following muscles?
 - hamstrings
 - quadriceps
 - hip extensors
 - ankle flexors
- Which of the following movements occur during the downward movement phase of the forward lunge exercise?
 - talar abduction
 - knee adduction
 - calcaneal eversion
 - tibial external rotation
- Which of the following describes the joint actions during the downward movement phase of the forward lunge exercise?

Hip action	Knee action	Ankle action
A. flexion	flexion	dorsiflexion
B. flexion	extension	plantar flexion
C. extension	flexion	dorsiflexion
D. extension	extension	plantar flexion
- A lack of which of the following will improve an athlete's ability to perform the forward lunge exercise properly?
 - range of motion
 - coordination
 - balance
 - injury
- The ankle joint is mobile in all of the following planes of movement EXCEPT the
 - sagittal.
 - scapular.
 - frontal.
 - transverse.
- Which of the following ankle characteristics are needed in the lead leg and trailing leg to perform the forward lunge exercise effectively?

Lead leg	Trailing leg
A. stable	stable
B. mobile	stable
C. stable	mobile
D. mobile	mobile
- Which of the following will increase the risk of the injury to the ankle joint the MOST?
 - increased stability of the ankle
 - decreased stability of the ankle
 - decreased mobility of the ankle
 - increased mobility of the ankle
- During the upward movement phase of the forward lunge exercise, the knee of the trailing (back) leg should be aligned with which of the following?
 - hip
 - chin
 - ankle
 - shoulder
 - I and III only
 - I and IV only
 - II and III only
 - II and IV only
- Which of the following outcomes occur when an athlete takes a short forward step to begin the forward lunge exercise?
 - increase in patellofemoral shear force
 - lead heel maintains ground contact
 - lead knee stays above ankle
 - decrease in hip flexion
- In order for an athlete to perform the forward lunge exercise correctly, which of the following combinations of hip, knee, and ankle stability and mobility must be present?

Hip	Knee	Ankle
A. stability	mobility	stability
B. mobility	stability	mobility
C. stability	stability	stability
D. mobility	mobility	mobility

Recertification Reminder

The recertification cycle is 1/3 complete.

How many CEUs do you have?

Recertification Deadline:
12/31/2011

CSCS and NSCA-CPT CEU Quiz Answer Form

Using the Body Weight Forward Lunge to Screen an Athlete's Lunge Pattern (Volume 31, Number 6, Pages 15-24)

	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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