

# Progressing from the Hang Clean to the Power Clean Exercise: A 4-Step Model

*Strength and Conditioning Journal* - Volume 31, Number 3, pages 58-66

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



- Which of the following phases of the power clean exercise produces the highest power output?
  - first pull
  - second pull
  - catch
  - transition
- Which of the following is the correct order of phases for the power clean exercise?
  - catch
  - transition
  - recovery
  - first pull
  - second pull
  - 2, 1, 4, 5, 3
  - 4, 2, 5, 1, 3
  - 4, 5, 2, 3, 1
  - 2, 4, 5, 3, 1
- Which of the following recommendations are the MOST appropriate to make to an athlete who is learning the power clean exercise for the first time?
  - The feet remain in contact with the ground throughout the exercise.
  - The catch is made at the same time the feet make contact with the ground.
  - Catch the bar when the knees are extended.
  - Extend the knees first and the hips second during the power phase of the movement.
- Transitioning from the hang clean to the power clean exercise allows an athlete to increase which of the following?
  - load
  - recovery
  - repetitions
  - speed of movement
- Which of the following occurs during the second pull of the power clean exercise?
  - hip flexion and knee extension
  - hip and knee flexion
  - hip and knee extension
  - hip extension and knee flexion
- Which of the following phases of the power clean exercise are the MOST complex and difficult to teach?
  - first pull
  - transition
  - second pull
  - catch
  - I and II only
  - II and III only
  - III and IV only
  - I and IV only
- In which of the following is it acceptable to allow the knees to be in front of the elbows for the starting position of the clean deadlift exercise?
  - for short athletes
  - for tall athletes
  - when heavy loads are lifted
  - when light loads are lifted
- All of the following are correct for the starting position of the power clean exercise EXCEPT
  - being in a flexed wrist and extended elbow position.
  - using a wider than shoulder-width grip.
  - being in a flexed knee and hip position.
  - using a wider than hip-width stance.
- While observing an athlete performing the hang clean exercise, the strength and conditioning professional notes the bar loops out in front of the athlete during the second pull in order to get under the bar for the catch. Which of the following cues should be used to correct this athlete's technique?
  - finish the pull
  - bring your shoulders to your ears
  - shoot your elbows through fast
  - keep the wrists curled in
- During the catch phase of the hang clean exercise, the barbell should be aligned vertically
  - with the hip.
  - with the knees.
  - in front of the knees.
  - between the knees and hips.

Answers to the CEU Quiz in Vol. 31(1) of the *Strength and Conditioning Journal*  
1.B; 2.A; 3.A; 4.A; 5.C; 6.D; 7.A; 8.A; 9.C; 10.D

# CSCS and NSCA-CPT CEU Quiz Answer Form

**Progressing From the Hang Clean  
to the Power Clean: A 4-Step  
Model**  
(Volume 31, Number 3, Pages 58-66)

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
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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NSCA members now have two options for submitting CEU Quizzes found in the *Strength and Conditioning Journal*— You may submit your answers for this quiz online, or you may mail in this answer form.

**Instructions:** Fill in the square that represents your selection of the best answer for each of the quiz questions. To receive 0.5 CEU, you must answer 70% of the questions correctly.

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Complete the online form at [www.nsca-cc.org/ceus/quizzes.html](http://www.nsca-cc.org/ceus/quizzes.html) and pay the \$15 processing fee via the NSCA Certification's secure Web site by September 1, 2009.

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\* If you submit your answers online, your results will be e-mailed to you. If you submit the quiz by mail, your results will be mailed or e-mailed to you. Please keep a copy of your quiz results for CEU documentation through the end of the reporting period.

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