

Webinar Quiz
“Mobility, Stability and Movement”
October 7, 2009
(by Gray Cook)

1. Which of the following elements should be addressed FIRST when correcting a dysfunctional movement pattern?

- A. strength
- B. stability
- C. mobility
- D. movement

2. Which of the following tasks are included in the health and fitness professional’s scope of practice?

- I. education
- II. rehabilitation
- III. identification of risk factor
- IV. performing a movement analysis

- A. I, II, and III only
- B. I, II, and IV only
- C. II, III, and IV only
- D. I, III, and IV only

3. All of the following biomarkers are used to assess the level of risk for performing activities EXCEPT

- A. BMI.
- B. heart rate.
- C. asymmetry.
- D. motor control.

4. Which of the following serve as predictors that increase an athlete’s risk of injury?

- A. players that are considered rookies
- B. players that demonstrate an asymmetry
- C. players that perform well on power tests
- D. players that perform poorly on power tests

5. Which of the following effects does conditioning have on injury potential?

- A. Conditioning increases injuries.
- B. Conditioning decreases injuries.
- C. Conditioning seems to prevent injuries.
- D. Conditioning does not seem to prevent injuries.

6. To enhance an athlete’s mobility, which of the following is the ideal amount of pressure that should be applied to treat soft tissue trigger points?

- A. 3 - 6 pounds (1.4 - 2.7 kilograms)
- B. 7 - 10 pounds (3.2 - 4.5 kilograms)
- C. 11 - 14 pounds (4.9 - 6.4 kilograms)
- D. 15 - 18 pounds (6.8 - 8.2 kilograms)

7. According to the Functional Movement Screen, which of the following assessments is used to BEST determine asymmetries in mobility?

- A. reaching
- B. stepping
- C. lunging
- D. squatting

8. Which of the following is the proper order to evaluate findings from the Functional Movement Screen?

- A. mobility, stability, functionality
- B. mobility, functionality, stability
- C. stability, functionality, mobility
- D. stability, mobility, functionality

9. Which of the following is the PRIMARY purpose of conducting a Functional Movement Screen?

- A. To identify neuromuscular control patterns.
- B. To establish a corrective exercise program.
- C. To identify a pre-exercise strength baseline.
- D. To establish a standardized pre-exercise baseline.

10. According to this webinar, athletes are likely to incur a non-contact injury if

- A. they have suffered a previous sports injury.
- B. they do not have adequate quadriceps strength.
- C. they have not been working with a strength coach.
- D. they do not maintain adequate hamstring flexibility.



ANSWER FORM – WEBINAR QUIZ

“Mobility, Stability and Movement”				
	A	B	C	D
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