

Webinar Quiz
“Trunk Training for Performance”
September 15, 2010
(by Loren Landow)

1. Which of the following accurately identifies the four step process of motor skill development?
 - A. unconscious incompetence, conscious incompetence, conscious competence, unconscious competence
 - B. conscious incompetence, conscious competence, unconscious incompetence, unconscious competence
 - C. conscious competence, unconscious incompetence, unconscious competence, conscious incompetence,
 - D. unconscious competence, conscious competence, conscious incompetence, unconscious incompetence

2. According to Coach Landow, which of the following is PRIMARILY responsible for energy leaks in athletes’ movement patterns?
 - A. training age
 - B. training state
 - C. whole body control
 - D. whole body coordination

3. Which of the following exercises is the MOST beneficial in developing trunk stability?
 - A. planks
 - B. quadrupeds
 - C. supine hip extension
 - D. side lying abduction

4. Which of the following are components of activation exercises?
 - I. neutral pelvis
 - II. scapular depression
 - III. cervical spine flexion
 - IV. thoracic spine extension
 - A. I, II, and III only
 - B. I, III, and IV only
 - C. II, III, and IV only
 - D. I, II, and IV only

5. Which of the following is the PRIMARY emphasis of compound movements?
 - A. speed strength
 - B. trunk integrity
 - C. positional control
 - D. muscular endurance

6. According to the study by Butcher et al., core stability training had which of the following effects?

- A. increased agility
- B. increased velocity
- C. decreased stamina
- D. decreased power

7. All of the following are goals of activation exercises EXCEPT

- A. stability.
- B. isolation.
- C. endurance.
- D. symmetry.

8. According to this webinar, which of the following represents the amount of time it takes to solidify a skill?

- A. 300 hours
- B. 400 hours
- C. 500 hours
- D. 600 hours

9. Which of the following is the best progression to follow in order to create competent movement patterns?

- A. activation, dynamic stability, compound movements, contrast training
- B. compound movements, contrast training, activation, dynamic stability
- C. contrast training, compound movements, dynamic stability, activation
- D. dynamic stability, activation, contrast training, compound movements

10. Which of the following exercises produce the greatest amount of torque in the trunk musculature?

- A. ab curlup
- B. side bridge
- C. back extension
- D. reverse hyperextension



ANSWER FORM – WEBINAR QUIZ

“Trunk Training for Performance” (by Landow)				
	A	B	C	D
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