

**Webinar Quiz**  
**“Core Training”**  
*August 5, 2009*  
**(by Robb Rogers)**

1. Which of the following is PRIMARILY responsible for generating power?

- A. upper core
- B. lower core
- C. inner sling
- D. outer sling

2. Which of the following describes the location of the line of differentiation between the upper core and lower core?

- A. iliac crest
- B. umbilicus
- C. xiphoid process
- D. 10th thoracic vertebrae (T-10)

3. In order for the hip to remain mobile, which of the following describes the action at the ankle and knee?

- |    | <u>Ankle</u> | <u>Knee</u> |
|----|--------------|-------------|
| A. | mobile       | stable      |
| B. | mobile       | mobile      |
| C. | stable       | stable      |
| D. | stable       | mobile      |

4. Manipulating all of the following will increase the difficulty of an exercise EXCEPT

- A. level of instability.
- B. length of lever arm.
- C. narrow base of support.
- D. increase points of contact.

5. Which of the following compensation patterns are present in right handed individuals?

- A. loose right hip flexor, tight left hip flexor
- B. loose right hip flexor, loose left hip flexor
- C. tight right hip flexor, loose left hip flexor
- D. tight right hip flexor, tight left hip flexor

6. Core training focuses on increasing which of the following?

- A. hip stability
- B. hip mobility
- C. lumbar spine mobility
- D. thoracic spine stability

7. Which of the following is the PRIMARY function of the tripod?

- A. stability
- B. mobility
- C. flexibility
- D. power generation

8. Which of the following is in the proper sequence utilized in training athletes?

- A. progression→ periodization→ pattern
- B. progression→ pattern→ periodization
- C. pattern→ periodization→ progression
- D. pattern→ progression→ periodization

9. Which of the following characteristics describe the muscles in the lower cross?

- A. tight erector spinae and iliopsoas, and weak rhomboids and serratus anterior
- B. tight erector spinae and iliopsoas, and weak gluteus maximus and abdominals
- C. tight gluteus maximus and abdominals, and weak erector spinae and iliopsoas
- D. tight gluteus maximus and abdominals, and weak rhomboids and serratus anterior

10. In order for the gleno-humeral joint to remain mobile, which of the following describes the action at the thoracic spine and the scapula?

- |    | <u>Thoracic Spine</u> | <u>Scapula</u> |
|----|-----------------------|----------------|
| A. | stable                | mobile         |
| B. | stable                | stable         |
| C. | mobile                | mobile         |
| D. | mobile                | stable         |



## ANSWER FORM – WEBINAR QUIZ

"Core Training"				
	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"/>
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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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**Instructions:** Fill in the square that represents 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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**Send the completed answer form and the \$20 quiz fee to:** NSCA

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