

ASCA Practice Test Questions and Answers

1. What is the importance of rest days?

- A) Ignore rest
- B) Allow recovery
- C) Cause fatigue
- D) Only for beginners

2. What is active listening in coaching?

- A) Ignoring athletes
- B) Fully focusing and responding
- C) Interrupting
- D) Avoiding feedback

3. How can overtraining lead to injuries?

- A) Improve strength
- B) Cause fatigue and reduce recovery
- C) Increase motivation
- D) No effect

4. Why is feedback important in coaching?

- A) Discourage athletes
- B) Guide and reinforce
- C) Ignore progress
- D) Only criticize

Answers: 1-B 2-B 3-B 4-B

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