

CSC Practice Test Questions and Answers

1. What does VO2 max assess?

- A) Body fat percentage
- B) Muscle density
- C) Oxygen uptake and endurance
- D) Heart rate variability

2. What does periodization involve?

- A) Doing random exercises daily
- B) No change in workouts
- C) Systematically altering training variables
- D) Skipping de-load weeks

3. Why is baseline testing important?

- A) To predict injuries
- B) To eliminate rest days
- C) To measure progress over time
- D) To delay workouts

4. What is a mesocycle in periodization?

- A) A daily warm-up
- B) A full year of training
- C) A multi-week block focusing on one goal
- D) A single workout

Answers: 1-C 2-C 3-C 4-C

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