

CSSD Practice Test Questions and Answers

1. What is VO2 max a measure of?

- A) Lactic threshold
- B) Maximal oxygen uptake
- C) Resting heart rate
- D) Body fat percentage

2. What is carbohydrate loading used for?

- A) Increasing muscle size
- B) Boosting iron levels
- C) Maximizing glycogen stores
- D) Reducing body fat

3. How soon should athletes eat after training?

- A) After 3 hours
- B) Immediately after or within 60 minutes
- C) The next morning
- D) Before going to bed

4. Which action supports professional integrity?

- A) Relying on old knowledge
- B) Skipping training sessions
- C) Engaging in continuing education
- D) Avoiding new research

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

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