

NSCA CPSS EXAM 2023-2024 ACTUAL EXAM 200 QUESTIONS AND CORRECT DETAILED ANSWERS WITH RATIONALES (VERIFIED ANSWERS) |ALREADY GRADED A+

How does overtraining syndrome develop? - ANSWER- **After continued high volume, high intensity training or both when an athlete is over-reached.**

Which training model is when performance of a positive fitness effect and a negative fatigue effect decay exponentially over time but at different rates? - ANSWER- **Fitness-fatigue model**

What is the dose-response relationship? - ANSWER- **relationship between the size of an administered dose and the intensity of the response produced**

What qualifies as external load? - ANSWER- **Amount of weight lifted, distance/speed of running, its what an athlete has done.**

What is it called when an athlete has responded to an external load? - ANSWER- **Internal load**

How is external load measured? - ANSWER- camera systems, global positioning systems, local positioning systems, often in conjunction with other sensors such as accelerometers and power meters.

What is the principle that the energy cost of acceleration is equivalent to running at a constant speed up an "equivalent slope"? - ANSWER- Metabolic Power

What is the most appropriate equation for quantifying resistance training load? - ANSWER- Number of sets x number of repetitions x percent repetition max

What is performance? - ANSWER- A function of the difference between fitness and fatigue

Which central and peripheral sites contribute to fatigue? - ANSWER- Activation of the motor command (brain)

Propagation of the action potential through the descending motor pathway

Myofilament excitation-contraction coupling

Status of the intracellular milieu

What is Psychobiological model of fatigue? - ANSWER- Modification of intensity whereby fatigue occurs when the effort required exceeds maximal effort the athlete is willing to exert or when the athlete believes the effort has been maximal and it feels impossible to continue.

What is the Integrative governor theory? - ANSWER- Suggests both psychological and physiological factors limit performance with a particular focus on subconscious avoidance of catastrophic failure due to severe disruptions in homeostasis.

what is the deterministic model of training? - ANSWER- a model of sports performance wherein there is a unique consequence or outcome to every input or state

What is a dynamic systems theory of training? - ANSWER- a model of sports performance used to describe complex behavior across complex and dynamic systems

What are positive adaptation measures when measuring heart rate? - ANSWER- Improvements in heart rate variability and heart rate recovery at rest and post exercise

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In which environments and with what frequency of monitoring of HRV is a good indication of positive adaptation? - ANSWER- Team sports when used at least once a week

Individual sports when used at least once a week

When is there limited usefulness with measuring HR(V)? - ANSWER- When measuring less than once a week or when neuromuscular and cognitive function are the main determinants of sport.