

Quiz Policies

Eligibility

The NCSF online quizzes are open to any currently certified fitness professional, 18 years or older.

Deadlines

Course completion deadlines correspond with the NCSF Certified Professionals certification expiration date. Students can obtain their expiration dates by reviewing either their certification diploma or certification ID card.

Cancellation/Refund

All NCSF continued education course studies are non-refundable.

General Quiz Rules

- You may not have your quiz back after sending it in.
- Individuals can only take a specific quiz once for continued education units.
- Impersonation of another candidate will result in disqualification from the program without refund.

Disqualification

If disqualified for any of the above-mentioned reasons you may appeal the decision in writing within two weeks of the disqualification date.

Reporting Policy

You will receive your scores within 4 weeks following the quiz. If you do not receive the results after 4 weeks please contact the NCSF Certifying Agency.

Re-testing Procedure

Students who do not successfully pass an online quiz have the option of re-taking. The fees associated with this procedure total \$15 (U.S) per request. There are no limits as to the number of times a student may re-test.

Special Needs

If special needs are required to take the quiz please contact the NCSF so that appropriate measures can be taken for your consideration.

Quiz Rules

What Do I Mail Back to the NCSF?

Students are required to submit the quiz answer form.

What do I Need to Score on the Quiz?

In order to gain the .5 NCSF continued education units students need to score 80% (8 out of 10) or greater on the CEU quiz.

Where Do I Mail My Quiz Answer Form?

You will mail your completed answer form to:

NCSF

Attn: Dept. of Continuing Education

5915 Ponce de Leon Blvd., Suite 60

Coral Gables, FL 33146

How Many CEUs Will I Gain?

Professionals who successfully complete the any continuing education quiz will gain .5 NCSF CEUs per quiz.

How Much does each quiz cost?

Each quiz costs the student \$15.00.

What Will I Receive When The Course Is Completed?

Students who successfully pass any of the NCSF online quizzes will receive their exam scores, and a confirmation letter.

How Many Times Can I Take The Quizzes For CEUs?

Individuals can take each NCSF quiz once for continuing education credits.

low back. Therefore strength supersets often use different body segments to attain the best results from greater loads being lifted.

When combining exercises in supersets aimed at strength improvements, connecting factors between the lifts, such as the low back with the squat and Romanian deadlift, should be identified to ensure the stress will not result in that connecting factor becoming a limiting factor. Military press and incline bench press for instance use similar stabilizers and therefore maximal force output would be compromised in the latter exercise during the first set and total output would be reduced on subsequent sets. Push/Pull combinations and body segment variations are useful tactics in supersetting for strength. A key area to pay attention to is the spinal segments due to the stability requirements of several joints. In a push/pull superset for strength, alternating dumbbell press would superset better with machine row than pull-ups due to the taxation on joint stabilizers. Similarly, when using upperbody/lowerbody supersets front squats would go better with lat pulldown than bent-over row due to the spinal segment requirements of both the squat and bent-over row. Generally speaking, high force output with high stability requirements should be combined with high force output with reduced stability requirements when the goal is strength-based.

When supersets are designed to address power, two thought processes often exist. Combining the ATP/CP system with the glycolytic system or combining strength with power which is referred to as contrast supersets. An example of combining anaerobic systems would be supersetting power cleans with medicine ball chest pass for a well trained individual or box jumps with lunge rebounds for a moderately conditioned person. For an older adult, the combination may be chair stands superset with speed band pulls. The key to power is the velocity of the movement. The intensity is relative to the individual so although higher intensities are used they reflect capability. For instance, 85% of 1RM may sound intimidating for some populations but remember 85% of a low number is an even lower number. If the maximum is 20 lbs. of force, 85% reflects only 17 lbs. Contrast supersets are a little different because a slow heavy set is combined with a lighter set performed at a much faster rate. Normally 85% 1RM is used for 5 or 6 controlled repetitions while 45-60% 1RM is used for 8-15 repetitions. A back squat superset with tuck jumps or bench press superset with medicine ball chest pass are common examples. Regardless of the combination, the exercise pairings have to make sense for the program goals and for the individual.

Supersets can also be used as time savers in lower frequency programs or for general conditioning. Modified circuits can use supersets to increase the intensity while still accomplishing higher amounts of work. Consider the following training program.

- Back squat 12 repetitions superset with leg curl on the ball 15 repetitions
30 seconds rest
- Military press 8 repetitions superset with lat pulldown 10 repetitions
30 seconds rest
- Physioball DB chest press 10 repetitions superset with band row on the ball 15 repetitions
30 seconds rest
- Romanian deadlift 8 repetitions superset with calf raise 15 repetitions
30 second rest
- Tricep dips 15 repetitions superset with bicep curls 10 repetitions

Combination exercises or compound supersets can be added to further drive the adaptation response as exercisers become more physically fit. Supersets that utilize greater amounts of tissue

to produce larger quantities of accelerated force or that decelerate higher products of mass-velocity require additional consideration due to the physiological demand. Generally grouped in two or three sets, the compound exercises segment force-couples to engage the major muscle groups of the body. Commonly this is accomplished by mixing upper and lower body movements or trunk and limb combinations.

COMPOUND SUPERSET EXAMPLES

- Front squat to press superset with lunge with trunk rotation
- DB deadlift to upright row superset with step-up with bicep curls

Compound supersets may warrant longer rest intervals between sets depending on the intensity used to perform the movements. Light weight compound supersets are an excellent supplement to a weight management program and can also be used for improved conditioning to enhance cardiovascular based workouts as is typically seen in group exercise classes.

Regardless of the defined application, supersets offer numerous options and have a place in any type of exercise program. Due to the fact that they can benefit strength, power, and overall fitness, different types of supersets can even be used within the same program. Supersets will result in increased volume and subsequent adaptations in programs where frequency is a challenge. Supersets also are a viable solution for workout bouts that must be completed in a short period of time. It is not hard to add diversity and difficulty to any available time segment by simply combining exercises in a logical sequence. The keys to successful implementation of supersets are respecting fatigue, the stability requirements, and the client's capabilities.

CEU Quiz

1. A superset is a training system that combines two or three exercises in sequence with _____ between the sets.
 - a. Stretching
 - b. Extended rest
 - c. Transitional rest
 - d. Abdominal work
2. Which of the following reasons would justify superset inclusion in a workout bout?
 - a. Limited amount of time
 - b. An attempt to maximize physiological response
 - c. Increase muscle fiber recruitment
 - d. All of the above are correct
3. True or False. Supersets can be used to elicit a hypertrophic response.
 - a. True
 - b. False
4. The benefits of a superset _____ as the amount of time between exercises _____.
 - a. Increase; increases
 - b. Decrease; increases
 - c. Decrease; decreases
 - d. None of the above are correct
5. _____ training is often difficult for superset programming due to the large physiological demand placed on, and possible fatigue of, the _____.
 - a. Power; prime movers
 - b. Strength; stabilizers
 - c. Endurance; prime movers
 - d. General fitness; stabilizers
6. The connecting factor with lifts such as the Romanian Deadlift and the Squat, is the _____, and special attention should be paid to avoid fatigue when supersetting for strength due to possible injury.
 - a. Low back
 - b. Shoulders
 - c. Arms
 - d. Latissimus Dorsi
7. When an upper body and lower body exercise are integrated into a superset for strength, if the first involves high force and a high degree of stability, the second exercise should involve _____ and a _____ degree of stability.
 - a. High force; high
 - b. High force; low
 - c. Low force; low
 - d. Never combine upper and lower body exercises in a superset

8. Traditionally, a contrast superset combines a(n) _____ exercise with a(n) _____ exercise with only transitional rest between movements.
- Endurance; power
 - Power; flexibility
 - Strength; power
 - Strength; endurance
9. Back squat superset with tuck jumps or bench press superset with medicine ball chest pass are examples of _____.
- Contrast supersets
 - Pyramid training
 - Strip sets
 - Aerobic interval training
10. When working with physically fit clients, _____ can be used, which place a larger stress on the major muscle groups of the body by segmenting force couples.
- Contrast supersets
 - Power supersets
 - Endurance supersets
 - Compound supersets



Quiz Answer Form

FIRST NAME _____ LAST NAME _____ M.I. _____

TITLE _____

ADDRESS _____ APT. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTRY _____ POSTAL CODE _____

CERTIFICATION NO. _____ CERTIFICATION EXP. ____/____/____

MEMBERSHIP NO. _____ MEMBERSHIP EXP. ____/____/____

Quiz Name	Member Price	Total
	\$15	



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Account No. _____

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Signature _____

Date _____

Quiz Answers

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Fill in each blank with the correct choice on the answer sheet. To receive 0.5 CEUs, you must answer 8 of the 10 questions correctly.

Please mail this Quiz answer form along with the proper enclosed payment to:

NCSF
5915 Ponce de Leon Blvd., Suite 60
Coral Gables, FL 33146

Questions? 800-772-NCSF