

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.

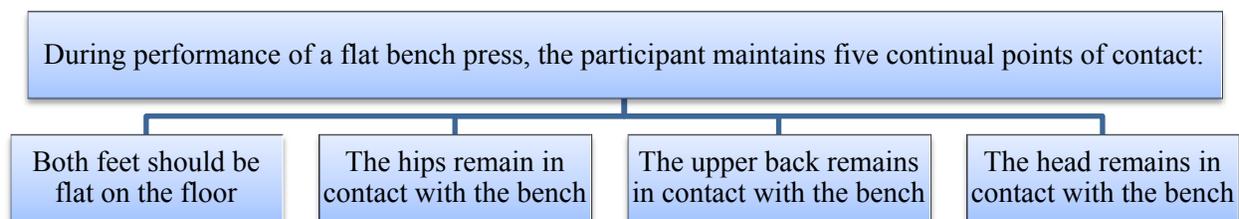
How Many Times Can I Take The Quizzes For CEUs?

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

Lift Correctly, Optimize Gains: Volume 1 – Bench Press

Any resistance training activity, regardless of complexity, can be performed in one of two ways: (a) correctly, and in a manner that optimizes potential adaptation and muscle activation, or (b) incorrectly, and in a manner that increases the risk for injury and reduces intended muscle activation due to biomechanical compensations. For the purpose of this discussion we will review common compensatory actions associated with one of the most popular recreational lifts - the bench press. Even with a relatively stable, single-plane and straightforward activity like a chest press, numerous actions can be performed that reduce the transfer of force, or place joints/bodily segments in positions that minimize the workload of the prime and assistive movers for the movement.

Flat Barbell Bench Press



The barbell is lowered to the chest (above the xyphoid process) under control, and pressed back to the starting position via shoulder horizontal adduction and elbow extension; making the pectoralis major and triceps brachii the primary and secondary movers, respectively. The deltoid serves as a guiding neutralizer and assistive mover, while various scapular and glenohumeral joint stabilizers also have a part to play in the effective transfer of force and segment stability.

If there are any unwarranted modifications to the five-point stance and basic actions just described, the exercise is most likely being performed incorrectly and the load may need to be reduced.

- Novice lifters commonly error by lifting one or both feet upward during the concentric phase which changes the stability system. Lifting a foot off of the ground reduces stability, while maintaining both feet flat on the ground can increase stability and the transfer of force – but this action must not promote hip extension which is evident by the gluteals lifting off of the bench. Some lifters intentionally place their hips and knees in a flexed position in the air. The intention conceivably is to flatten the back, but the natural curvature of the spine means it is held neutral. If a lifter has a stability issue or a person bumps the bar, the last place they would want their feet is in the air.
- High hips represent the most frequent movement error during the bench press, and is usually seen among the “heavy lifters”. Lifting the hips up off the bench provides mechanical advantage and aids in moving the barbell off of the chest during the concentric phase. This action changes the joint angle of the lift to resemble a decline position. Excessive hip drive produces increased compressive forces on the discs of the vertebrae (excessive lordosis) and can reduce muscle work in the pectoralis major. Hip extension is often combined with a bouncing effect to create momentum forces that help accelerate the barbell back to the starting position.

- Some individuals lift their head from the bench which undesirably changes the spinal position and reduces the effectiveness of stability. The thoracic spine should be extended, not flexed, to optimize the use of the pectoralis musculature. Furthermore, cervical flexion impedes scapular function.
- Another common error is uneven pressing that leads to visible tilting of the barbell. This is common with lack of stability and function in one of the glenohumeral joints. Visual observation often identifies one arm as more abducted than the other. Strengthening the rotator cuff and ensuring muscle balance at the shoulder complex can assist with this issue.

The bench press exercise is certainly effective for developing strength and muscle hypertrophy in the upper body. The open chain environment and mechanical efficiency of the pectoralis muscles allow for heavy loading. To ensure the bench press is used safely, it is important to observe proper form and technique during all lifts. Due to the limitations in scapular movement and risk of humeral head translation, individuals using the bench press exercise with a level of regularity should also perform adjunct work to maintain shoulder complex health. Strengthening the rotator cuff muscles, ensuring the scapular plane maintains function, and stretching the joint capsule and related musculature is very important. A basic litmus test of shoulder joint efficiency is the Apley Back Scratch Test. It is easily performed by raising one arm upward, outwardly rotating the shoulder and reaching to the middle of the back with an open hand. At the same time, reach the contralateral arm backward and internally rotate the shoulder to connect the open hands in the middle of the back. An inability to attain finger contact suggests ROM issues. These issues can be worsened by heavy bench pressing.

The bench press can also increase risk for impingement syndrome and is commonly associated with AC separations. To avoid these issues be sure to perform a balance of pressing exercises with pulling exercises for the back and deltoids and use full ROM during all lifts. Shortening the range and adding load particularly with momentum increases risk for injury. Programming for proper muscular balance will help reduce the risk for upper cross syndrome, which commonly precipitates acromion impingement. IYT exercises and rotator cuff strengthening and stretching again will help significantly.



Lifting one or both feet upward



Arching the back



Lifting the head



Uneven bar

Lift Correctly, Optimize Gains: Volume 1 – Bench Press CEU Quiz

1. Which of the following does not need to maintain constant contact with the bench during proper performance of a flat barbell bench press?
 - a. The head
 - b. The lower back
 - c. The upper back
 - d. None of the above
2. The deltoid serves as a(n) _____ during the concentric phase of a flat barbell bench press.
 - a. Prime mover
 - b. Decelerator
 - c. Assistive mover
 - d. All of the above
3. Lifting one or both feet off of the floor during the concentric phase of the bench press creates which of the following effects?
 - a. An increase in force coupling through the hips
 - b. An increase in overall stability
 - c. A decrease in trunk stabilizer activation
 - d. A decrease in overall stability
4. Which of the following errors is most common among the “heavy lifter” to potentially create a mechanical advantage?
 - a. Intentionally placing the hips and knees in a flexed position in the air
 - b. Lifting the hips up off of the bench during the concentric phase
 - c. Flexing of the thoracic spine
 - d. None of the above
5. Cervical flexion during performance of a bench press impedes:
 - a. Pectoralis activation
 - b. Stability
 - c. Scapular function
 - d. All of the above

6. True or False? Stretching the pectoralis minor and latissimus dorsi will assist in limiting visible tilting of the barbell during the concentric phase of a chest press.

- a. True
- b. False

7. True or False? Due to limitations in scapular movement and the risk of humeral head translation, individuals who routinely perform barbell bench press exercises should perform functional adjunct work to maintain shoulder health.

- a. True
- b. False

8. Excessive hip drive during the concentric phase of the bench press can:

- a. Increase compressive forces placed upon vertebral discs due to lordosis
- b. Increase muscle work within the pectoralis major
- c. Reduce stability
- d. Force the lifter to drive the barbell through a greater range of motion

9. Excessive bench pressing, especially without performing an adequate balance of pulling exercises for the upper back, will increase the risk for _____.

- a. Shoulder impingement syndrome
- b. Frozen shoulder disorder
- c. Lower cross syndrome
- d. All of the above

10. The _____ can be used as a basic assessment to see if shoulder joint efficiency and mobility is being limited to a significant extent due to excessive bench pressing.

- a. Circumduction test
- b. Apley back scratch test
- c. Shoulder flexion test
- d. Shoulder adduction test

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	



Discover



Visa



Mastercard



Amex



Check/Money Order

Account No. _____

Exp. Date _____

Security Code _____

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