

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.

Programming with Emphasis

Programming components in personal training often require more knowledge and adaptability than the traditional programming approach of three sets of ten repetitions. Programming starts with a laundry list of client needs that often limit program aggressiveness due to low levels of fitness, inhibitory dysfunction from musculoskeletal imbalance, and lack of flexibility; this is compounded by a lack of training frequency. The standard 120-180 minutes of contact per week makes it difficult to provide effective results, particularly when the client's exercise tolerance, whether psychological or physiological, is low. Most clients are driven by vanity-based goals; they want to lose weight and look better, both of which indicate a need for greater training volume.

This presents quite a conundrum: how can a low-frequency program be manipulated to address the demands of health and fitness when faced with the client's physical limitations? When a program calls for two or three scheduled meetings per week, each exercise bout should encompass the total body. This allows for the appropriate volume of stress for adaptations and creates the potential for a higher caloric expenditure. To ensure each area receives full exposure to adequate stress, it makes sense to emphasize a particular focal point during each session. The "total body with emphasis" program can be accomplished using a push/pull, lateral/rotate model that targets specific planes, selecting exercises that focus on the kinetic chain, or incorporating complex exercises for multiple muscle groups. The idea is to increase the volume in a particular area, while accounting for other requisite activities to promote all the desired outcomes of the training cycle at the same time.

The use of program training systems can aid in this endeavor. Supersets, circuits, combination exercises, and strip sets all promote volume, enabling the trainer to increase overload as the client's muscles adapt. When using this programming technique, the idea is to emphasize a group of muscles or movements at specific joints and ensure each muscle group is addressed twice per week, both for balance and to promote maximal adaptation. Some common rules of thumb help with programming. First, the exercises should assume a 50% effort toward the daily emphasis and 50% toward the rest of the body. It is important to cover key aspects of the needs analysis, particularly where limitations exist. A dynamic warm-up and appropriate cool down should incorporate functional-based activities or corrective strategies and be included in the program. Some other sound considerations include:

1) Ensure each joint movement is incorporated

Muscle imbalances are common when certain muscles are overactive and others are underactive. This often occurs due to preferential movement attention. Personal trainers should balance muscular activation through thoughtful programming. In most cases, more pulling is warranted; many clients demonstrate tendencies toward forward flexion.

2) Work in all three planes

The sagittal plane dominates most exercise programs and selected life movements. The reality is the maintenance of function calls for rotation at the shoulder, hip, and trunk, as well as balance between abduction and adduction. Lack of range of motion is common among individuals who live in the sagittal plane,

supporting the need for adjunct work in the frontal and transverse planes.

3) Use split stances and unilateral exercises for clients with shoulder and pelvic instability

Neutral, bilateral stances are subject to poor skeletal control during movements. Tight hip flexors and extensors cause a posterior or exaggerated anterior tilt during exercises such as squats and deadlifts. The majority of clients should start an exercise program using split stance or unilateral-based training. Unilateral exercises encourage joint stabilization and local activation through a fuller range of motion than can be accomplished using a similar bilateral exercise.

4) Be cautious of low back overuse

Squats, deadlifts, and rows all place stress on the back extensors. The constant pull of gravity creates a natural imbalance between the front and back necessitating program decisions that de-emphasize back extension. The flexion-extension relationship at the trunk should be 1:1, but most people are 1:3. Therefore, purposely placing stress on the back extensors adds to the imbalance. Trainers should stop performing back extension and place more emphasis on flexion and rotation. Be cautious, though, to ensure that the trunk flexors and stabilizers are activated. All too often, clients use the erector spinae and hip flexors instead of the spinal stabilizers, leading to inhibitory tendencies on the abdominals.

5) Place more emphasis on closed-chain trunk flexion and rotation

A strong recommendation for functional improvements is to get off the ground. Unless you are bodybuilding, ground activities are best used to initiate activation techniques. Once the

client is able to stabilize the spine using the proper musculature, they should be encouraged to use closed-chain exercises. One caveat: if the hip flexors and low back continue to dominate exercises such as roll-outs and knee raises, the activities will be ineffective at optimizing the desired trunk balance.

6) Avoid overuse of segment stabilizers during supersets and circuits

When writing supersets and sequence systems like circuits, be sure to order the exercises from heaviest and hardest to most stable and isolated. Secondly, be sure the same stabilizers are not being overemphasized in sequenced activities. The stabilizers are the weakest link; therefore, they will inhibit functional overload if the demands on them are extended from one lift or movement to another. Much like the low back, the shoulder is subject to fatigue from local joint stabilizers. Mix upper- and lower-body exercises or lower/upper and middle body exercises to avoid this problem.

The following sample programs exemplify the basic “emphasis” idea. While warm-ups and cool downs, as well as the set-rep schematics, are excluded, the core exercise activities identify the focal element of the program. Certainly there are many correct combinations, but these present a conceptual starting point from which to work. The easiest way to begin is to create a client-specific needs analysis: identify and list the best solutions to the problem and then create combinations and supersets that address these problems. For instance, if the client has tightness in the gluteus maximus and tends toward upper cross syndrome, it makes sense to combine a reverse lunge with a cable or band row. If they need to work on trunk rotation and pelvic stability, a split-stance rotation drill would be effective. If they have central activation problems and struggle with stability, the use of a single-arm overhead Bulgarian (split) squat

would promote the desired outcome. These exercises make quality combinations because they complement each other. Avoid forcing combinations as they tend to be awkward and often promote sloppy movement patterns. When constructing supersets, the trainer should consider the logistics of time and space. Select actions that can be readily performed in close

proximity to each other and require similar equipment. For instance, an overhead lateral squat with a medicine ball blends well with another medicine ball activity such as a chop rebound or wall rebound. Above all, the exercises just have to make sense and take into account the client's capabilities and proficiencies.

Sample Programs with Emphasis

Upper	Middle	Lower
Back squat	Squat to press	Deadlift
Bench press	Lateral swings	Front squat
Bent over row	SA Bulgarian	Axial-loaded lateral lunge
DB Shoulder press	Reverse lunge w/rotation	DB chest press s/s mod pull-ups
Push-up s/s mod chin up	DB RDL s/s MB skaters	Plate raise s/s medicine ball chops
Hanging knee raise s/s leg curls	Dips s/s v-situps	Leg curls on ball s/s calf raise
Step-ups with biceps curl	Alternating row s/s knee raise	Cable trunk rotation s/s rear delt pulls
Push	Lateral/Rotate	Pull
Front squat to press	Lateral squat	Deadlift
Bulgarian Squat	Romanian deadlift	Pull-ups
Bench press	Standing military press	Step-ups
Modified pull-up	Lunge w/rotation	Seated row
Dips	Cable high row	Reverse lunge to band row
Lateral lunge w/MB reach	Standing bar rotation	Bench push-up s/s rear delt pull
MB push-ups s/s MB pullover	Slide board adductions s/s slide board pikes	Biceps curl s/s tricep pushdown

Programming with Emphasis CEU Quiz

1. What is one of the main causes of muscular imbalance?
 - a. Certain muscles are overactive while others are underused
 - b. People naturally have a stronger affinity for extension
 - c. People have a tendency to perform exercises in only one plane
 - d. Most personal training clients do not have muscular imbalances

2. According to the article, what is the recommended percentage of a training bout that should focus on the emphasis of the day?
 - a. 25%
 - b. 50%
 - c. 75%
 - d. 100%

3. One benefit of using a unilateral exercise rather than a similar bilateral exercise is:
 - a. Unilateral exercises allow for the use of higher amounts of weight
 - b. Unilateral exercises encourage joint stabilization and greater range of motion than a comparable bilateral exercise
 - c. Unilateral exercises encourage greater muscle fiber activation
 - d. All of the above

4. The flexion:extension relationship of the trunk should be:
 - a. 1:1
 - b. 1:2
 - c. 1:3
 - d. 3:1

5. The stabilizers should not be overemphasized in a sequenced routine because:
 - a. They are the strongest muscles and will override the ability of the target muscle to perform the lift correctly
 - b. They can overpower the prime movers
 - c. They are the weakest link and will inhibit functional overload if the demands on them continue from one exercise to the next
 - d. Stabilizers require extra emphasis in every bout because they are the weak link

6. Trainers should limit their use of back extension exercises and focus more on:
 - a. Lateral pull
 - b. Hyperextension
 - c. Flexion
 - d. All of the above

7. When constructing supersets, the trainer should consider:
 - a. Time available
 - b. Space available
 - c. The proximity of one station to the next
 - d. All of the above

8. Exercises that emphasize pulling forces are warranted because most clients:
 - a. Demonstrate a preference for these types of exercises
 - b. Demonstrate tendencies toward forward flexion
 - c. Demonstrate an inability to perform these types of exercises correctly
 - d. Demonstrate limited range of motion in the muscles primarily responsible for pushing forces

9. Programming for personal training tends to be more challenging than programming for the average individual because:
 - a. Personal training clients tend to have greater demands for particular exercises
 - b. Personal training clients tend to demand aggressive routines that specifically target multiple aspects of fitness
 - c. Personal training clients often have lower levels of fitness that do not benefit from the traditional schematic of three sets of ten reps
 - d. Personal training clients have vanity-oriented goals and as such are encouraged to perform exercises using a high-rep/low-weight regimen

10. The needs analysis allows a trainer to:
 - a. Develop programs that work for the majority of his or her clientele
 - b. Determine which of the client's goals are best met by using total body with emphasis training
 - c. Identify the client's needs and determine the best solutions to these needs
 - d. Provide his or her clients with a framework from which a client can select the exercises he or she prefers

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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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