# NCSF FINAL PRACTICE EXAM QUESTIONS AND ANSWERS 2023 COMPLETE

Kinetic chain

What term represents the transfer of energy across joints to support voluntary movement?

Glutes

The posterior pelvic tilt is commonly seen in bilateral leg exercises a result of tight

Concentric contraction of the anterior tibialis
Ankle dorsiflexion is caused by
No joint movement
When performing biceps and triceps exercises, what joint action should occur at the
shoulder?
Barbell shrug
What exercise is used to cause elevation of the shoulder complex (scapula and
humerus)?
Kyphotic curve
What is the natural curvature of the thoracic spine?
gluteus maximus
When performed correctly, what is the prime mover responsible for hip extension during the back squat?
Rhomboids
What back muscle is the prime mover for seated row exercise as it is responsible for
retraction of the scapula?
Barbell bent over row
Which of the following exercises requires the greatest contribution from showing
stabilizers when using 80% 1RM
Frontal
The performance of dumbbell side raises occurs in what movement plane?
Fully extended
What position of the knee is necessary to fully stretch the gastrocnemius when the ankle is in full dorsiflexion?
Latissimus dorsi and deltoid
What muscles are used to globally stabilize the humerus during the bench press? Standing single arm dumbbell press
Based on the principles of stability what exercise would be most difficult to stabilize?  Take a broader step and push the back leg downward
To correct error in a lunge the client should be instructed to
Proprioception
Which of the following refers to the cumulative input to the nervous system that relays body and position of movement?
Hip abductors
What muscle is the prime mover for lateral lunge performed in the picture? Rhomboids

# **Ncsf Practice Exam**

**Exam Secrets Test Prep Staff Nctrc** 

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