

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 as 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 shoulder 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

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