

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.

Creating a Needs Analysis for Sports Training Programs

The popularity of sports specific training has grown in recent years. Clients strive to improve in their sports and activities and look to personal trainers to help attain those goals. Many trainers though, are at a loss when it comes to creating sports specific programs because the dynamics of the training are completely different than that of weight loss and health attainment. The key to success is to match the demands of the activity with the exercise selection and programming variables. Applying traditional strength exercises is the most common error made when programming for sports performance enhancement because these exercises do not match the demands of the sport. Benching and squatting may assist in some fashion, but they are not very sport specific.

The first step in designing an exercise program is to create a needs analysis. For sport programming this requires an evaluation of the sport to determine what activities will transfer into actual improved performance. The evaluation process can be fairly laborious if it is done in a detailed fashion. Video review is often very effective for determining movement patterns, speed demands, and body segment requirements. Additional research may be required to perform an injury analysis, so that muscle balance is properly accounted for and preventative measures are appropriately taken.

To properly discern the unique characteristics of the sport or activity it is often easiest to split the evaluation into three segments. The first segment is the biomechanical analysis. The goal biomechanical analysis is to ascertain and evaluate the movements of the body, the muscles involved, and the factors that affect efficient coordination of the particular tasks required of the sport. The second segment, referred to as the physiological analysis, reviews the contractile properties and the energy systems that drive them. This includes analyzing the specific requirements for power, speed, strength, and related factors. The third analysis is injury prevention and looks at common injuries of the sport and the most common causes during



participation and practice. Collectively, the information will identify the exercise selection, energy systems to be employed, and programming variables required for inclusion in the program matrix.

The second step in creating a sport specific program is to identify the relative factors of the athlete. Current fitness level, training status and experience, muscle balance, and previous injuries all contribute to the program component decision making process. For instance, simply using a Division I off-season training program found on the internet may be completely inappropriate for the client due to their relative capabilities and training experience. If the exercises cannot be done with proficiency or are beyond the client's current level of fitness, then it makes little sense to include these exercises in the program, at least at that particular time in the training cycle.

Evaluation of the client or athlete suggests the need to test or assess them to see where they are and what they can or cannot do. Testing is another common area for error because many people do not fully grasp the details that support the decisions test selection is based upon. There are some important questions that one must ask themselves before selecting a test, because one size does not fit all. Here are some examples:

CREATING A NEEDS ANALYSIS FOR SPORTS TRAINING PROGRAMS

- What is the purpose of the test?
- What does the data provide?
- How will improvements related to the test data affect performance?
- Will it accurately track performance changes?
- Does it match the activity, sport or position?
- Is it metabolically consistent with important actions?
- Is it population appropriate?
- Does the athlete know how to perform the test?
- Is it safe?
- Is it valid and reliable?

Answering these questions will certainly help shape the test selection process. Testing should be meaningful, quantifiable, accurate, and repeatable. Deciding on the right group of tests can make a huge difference in the exercises selected, usefulness in tracking and predicting outcomes, as well as motivating and psychologically stimulating the athlete or client. When implementing testing protocols it is important to strictly adhere to the correct methodology and account for factors that may invalidate the data. To enhance the accuracy of testing a couple of steps should be taken to ensure a positive return on your time and effort. The following steps can help increase the accuracy of the tests used.

1. Make sure that you know the protocol and have all the necessary equipment.
2. Make sure the test subject is proficient in the movements of the test and is familiar with how to perform the test.
3. Make sure the equipment has acceptable discrimination in measurement.
4. Make sure the test subject is not influenced by any internal or external factors.
5. Make sure the test subject is appropriately motivated for the test.

Additional steps can also be helpful when retesting. Reliability is equally important for use of the data and to track progress and make future decisions.

1. Make sure the conditions can be duplicated including time, equipment, environment, and pretest recovery.

2. Insist on strictness to protocol.
3. Account for all pretest factors – warm-up and motivation.
4. Use the same tester and clearly define the scoring system previously used for testing.
5. Make sure the test is absolutely consistent in all regards with previous tests.

Employing these strategies will help ensure quality data is collected. Once the scores have been tallied, the data can be added to the needs analysis based on the findings. Identify strengths and weakness, performance capabilities, and any other relevant information that can be ascertained from the testing procedures and outcomes. At this point the needs analysis should have the supportive information for proper construction.



The easiest way to create the needs analysis is to simply list the needs as they are identified. You may want to break the needs down by categorical attributes or characteristics for organization and critical analysis. Once the list has been completed, identify the type of exercise that addresses the need. For instance, if ground based power in the sagittal plane is required, as it will be in many sports, than accelerated hip extension will be used to enhance this performance quality. Next to each need simply record the general remedy. Remedies can either be very specific or more generalized. Either way, once the remedy is identified the decision of how it will be implemented is the next step. Using the same example, powerful hip extension can be accomplished by Olympic lifts and both slow and high speed plyometrics. Therefore,

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some decisions must be made to best select the exercises that are appropriate for the individual. If the athlete has never completed Olympic lifts, than obviously these are not appropriate yet, but using the plyometrics or teaching assistives may be useful. Identify one or more exercises that fit the need and move on to the next need.

You will find that by implementing this method a large selection of individual specific exercises will be identified. Once this has been accomplished, take the exercises and rank them by difficulty and by training cycle appropriateness. For instance, the power cleans may not be used in the first cycle because the athlete needs to possess a baseline level of muscular some endurance and muscle balance before adding loaded power movements. In this case exercises, that better suit the needs of the initial phase of training would make more sense. Tailoring the movements to reflect the goal is relatively easy because guidelines already exist.

Once the exercises have been ranked and categorized they can be placed in the program matrix using universally accepted guidelines and applying the principles of exercise. Sets, reps and rest periods will reflect the training cycle goals. Intensity will be consistent with the repetitions, and the exercise order will be based on known ordering principles. Hard, fast, and heavy exercises first; slower, stable, lighter, and isolated exercises last.

If the physiological analysis is correct, the exercise program will match the energy system of the sport. If the biomechanical analysis is done correctly, the exercises will match the body movements and the muscles utilized during the sport. If the injury analysis was thoroughly completed the program will account for sport specific muscle balance, stability, healthy joint function and range of motion. And if the process was accurately individualized, the whole plan should cater to the exact needs of the athlete or client.

Tracking the program activities and modifying the variables to best account for adaptations will help ensure the program stays on track. Progressing the athlete through new challenges, while watching for new deficiencies is a critical

role in ongoing success. For new programmers, some trial and error will occur, but using an intelligent decision-making process and applying prudent judgment goes a long way in safe and effective sports conditioning.

Quiz

- _____ is a key component involved with the development of sport-specific training programs.
 - Focusing on strength gains
 - Paying specific attention to body composition
 - Matching the demands of the activity with exercise selection
 - Applying traditional strength training techniques

 - Evaluating a sport to determine what activities will transfer into improved performance is a component of a(n) _____.
 - injury analysis
 - needs analysis
 - muscle balance analysis
 - biomechanical analysis

 - Relative capabilities and training experience are individual characteristics that _____
 - make generic programming inappropriate.
 - allow trainers to use a similar program for all their clients.
 - are not important when conducting an exercise test.
 - do not need to be considered prior to the program development.

 - The analysis of body movements and the specific muscles involved with a particular sport is a component of the _____ analysis.
 - needs
 - biomechanical
 - physiological
 - injury prevention

 - The decision to utilize specific energy systems during a sport-specific training program is often made during the _____ analysis, when the requirements for speed, power, and strength needs are identified.
 - injury prevention
 - biomechanical
 - physiological
 - psychological

 - The evaluation of a client during exercise testing is important because the information gathered allows a trainer to _____.
 - program the correct exercises
 - select the appropriate progressions
 - establish a baseline level of overall fitness
 - all of the above are correct
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CREATING A NEEDS ANALYSIS FOR SPORTS TRAINING PROGRAMS

7. When implementing testing protocols, it is important to adhere to correct methodology so that the _____.
 - A. data is valid
 - B. exercise order can be changed appropriately
 - C. client is motivated
 - D. program matrix is completed appropriately

 8. _____ of a testing protocol insures that collected data is accurate and can be used to track progress and make future programming decisions.
 - A. Difficulty
 - B. The ease of administration
 - C. Reliability
 - D. None of the above are correct

 9. Which of the following will increase the reliability of the exercise test, and provide accurate data?
 - A. Adhering to the protocol
 - B. Accounting for pre-test factors such as warm-up and motivation
 - C. Utilize the same tester and scoring system
 - D. All of the above are correct

 10. If the _____ analysis was completed thoroughly, the exercise program will account for joint function and range of motion.
 - A. physical
 - B. mental
 - C. exercise
 - D. injury
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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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Visa



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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