
NCSF FINAL PRACTICE EXAM

Kinetic chain - answer What term represents the transfer of energy across joints to support voluntary movement?

Glutes - answer The posterior pelvic tilt is commonly seen in bilateral leg exercises a result of tight _____

Concentric contraction of the anterior tibialis - answer Ankle dorsiflexion is caused by _____

No joint movement - answer When performing biceps and triceps exercises, what joint action should occur at the shoulder?

Barbell shrug - answer What exercise is used to cause elevation of the shoulder complex (scapula and humerus)?

Kyphotic curve - answer What is the natural curvature of the thoracic spine?

gluteus maximus - answer When performed correctly, what is the prime mover responsible for hip extension during the back squat?

Rhomboids - answer What back muscle is the prime mover for seated row exercise as it is responsible for retraction of the scapula?

Barbell bent over row - answer Which of the following exercises requires the greatest contribution from showing stabilizers when using 80% 1RM

Frontal - answer The performance of dumbbell side raises occurs in what movement plane?

Fully extended - answer What position of the knee is necessary to fully stretch the gastrocnemius when the ankle is in full dorsiflexion?

Latissimus dorsi and deltoid - answer What muscles are used to globally stabilize the humerus during the bench press?

Standing single arm dumbbell press - answer Based on the principles of stability what exercise would be most difficult to stabilize?

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