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Exam : **CSCS**

Title : Certified Strength and
Conditioning Specialist

Version : Demo

1. Each muscle fiber is surrounded by a connective tissue called?

- A. Fasciculi
- B. Perimysium
- C. Endomysium
- D. Epimysium

Answer: C

2. What is released from the sarcoplasmic reticulum into the myofibril, causing tension development in a muscle?

- A. Calcium ions that bind to troponin
- B. Calcium ions that bind to tropomyosin
- C. Sodium ions that bind to troponin
- D. Sodium ions that bind to tropomyosin

Answer: A

3. What type of muscular contraction occurs in the pectoralis major during the slow, controlled, downward phase of a bench press?

- A. Concentric
- B. Isometric
- C. Myocentric
- D. Eccentric

Answer: D

4. What is the thick structural protein inside the sarcomere?

- A. Actin
- B. Myosin
- C. Sarcoplasm
- D. Sarcolemma

Answer: B

5. A muscle fiber that is small in diameter has a slow contraction speed, and a high capillary density would be classified as?

- A. Type I
- B. Type IIa
- C. Type IIb
- D. Type IIc

Answer: A