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## Practice Questions

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**1. A strength facility features power racks positioned in the center of the room and dumbbell racks along the perimeter walls. Supervisors report frequent inability to see athletes performing bench presses in the dumbbell area. Which layout modification best addresses this visual obstruction?**

- A. Move dumbbell benches to the center of the room
- B. Install convex mirrors above the equipment racks
- C. Increase staff-to-athlete ratios for peak hours
- D. Relocate power racks to the perimeter walls

**2. A university strength center is installing four new Olympic lifting platforms in a row. To comply with safety standards for explosive lifting and spotting, what is the minimum required clear space between adjacent platforms?**

- A. A distance of 3 to 4 feet (0.9–1.2 m)
- B. A distance of 24 inches (61 cm) total
- C. Width equal to a standard Olympic barbell
- D. A minimum of 36 inches (91 cm) clearance

**3. In a facility where athletes frequently cross through the free weight zone to reach the water fountains, several near-collisions with moving barbells have occurred. Which traffic flow adjustment provides the most effective long-term solution?**

- A. Install "Yield to Lifter" signage at the zone entry
- B. Relocate water fountains to the facility entrance
- C. Route circulation paths around the lifting zone
- D. Establish a main walkway through the rack area

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**4. A strength coach struggles to monitor squat depth due to excessive glare interfering with the reflection in the facility mirrors. The mirrors are mounted 20 inches from the floor. Which design factor is the most likely cause of this visibility issue?**

- A. Mirrors mounted 20 inches off the floor
- B. Reflection of equipment located on the opposing wall
- C. Use of non-tempered glass on the walls
- D. Inadequate overall facility illumination

**5. A strength and conditioning facility has an L-shaped floor plan with 2,000 square feet in each wing. To maximize visual supervision of both sections simultaneously, where should the primary supervisor station be located?**

- A. Directly adjacent to the facility offices
- B. Positioned at the junction of the two wings
- C. Elevated 3 feet above the main entrance
- D. Midway along the longest exterior wall

**6. A facility manager plans to add a glute-ham bench to a row of resistance machines. The installation would leave a 28-inch path between the new bench and the existing dumbbell rack. Why does this modification violate NSCA facility guidelines?**

- A. Dumbbell zones need 5 feet of clearance
- B. Equipment cannot be placed near walking paths
- C. The bench blocks the supervisor's line of sight
- D. Walkways must be 36 inches wide

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**7. A dedicated circuit training area is being designed for a team sport population. The initial plan creates 3-foot pathways between stations. Which adjustment is recommended to accommodate the dynamic nature of circuit training?**

- A. Expand the pathway width to 4–7 feet
- B. Limit the zone to stationary exercises
- C. Install floor anchors for all stations
- D. Implement one-way traffic flow rules only



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**8. In a rectangular weight room, power racks are positioned in the center of the floor while resistance machines are along the perimeter. Supervisors report that the racks obstruct their view of the machine zone. Which layout change best resolves this issue?**

- A. Position supervisors in the center aisle
- B. Place mirrors on the back of the racks
- C. Move taller equipment to the walls
- D. Elevate the machine zone on a platform

**9. A high school strength and conditioning coach plans to install 10 treadmills and 10 stationary bikes within a 1,000-square-foot facility. To ensure optimal safety, traffic flow, and functionality, what is the recommended method for organizing this cardiovascular equipment?**

- A. Interspersed between strength training stations
- B. Aligned in a single row along the main walkway
- C. Placed immediately inside the facility entrance
- D. Distributed evenly throughout the weight room

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**10. During a routine facility safety audit, an inspector observes a plyometric box storage rack positioned just 2 feet away from a door clearly marked as an "Emergency Exit." Based on facility standards, what is the primary safety violation identified in this scenario?**

- A. Inadequate spacing between the boxes and racks
- B. Blocking of the required egress pathway
- C. Improper storage of plyometric equipment
- D. Failure to bolt the storage rack to the wall

**11. During a missed snatch attempt, an athlete drops the bar behind them, striking a spotter who was standing 2 feet away. Which facility design or policy violation is the primary cause of this incident?**

- A. Failure to use rack safeties
- B. Insufficient platform friction
- C. Lack of weightlifting belt
- D. Inadequate buffer zone



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**12. A facility renovation prioritizes wall graphics and branding, resulting in power racks being positioned where they obstruct the strength coach's view of the platforms. Which modification best addresses the resulting liability risk?**

- A. Reconfigure for clear sight lines
- B. Install additional convex mirrors
- C. Increase floor staff supervision
- D. Replace racks with low profile units

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**13. A facility maintenance plan schedules all equipment inspections for the same weekly interval. According to NSCA guidelines, which equipment category requires an increased inspection frequency of daily checks?**

- A. Adjustable utility benches
- B. Dumbbell storage racks
- C. Cable column systems
- D. Olympic lifting platforms

**14. During a training session, a strength and conditioning professional discovers a significant cracked weld on the carriage of a leg press machine. To ensure athlete safety and limit liability, what is the immediate sequence of required actions?**

- A. Notify the facility manager and document
- B. Finish the session and log the defect
- C. Place a cone and email maintenance staff
- D. Reduce the load and monitor the crack

**15. During a comprehensive facility safety audit, the strength and conditioning professional identifies several maintenance issues across various machines. Which specific condition represents a structural failure that necessitates the immediate removal of the equipment from service?**

- A. Faded instructional placards
- B. Bent weight stack guide rod
- C. Chipped paint on the frame
- D. Worn upholstery on the bench

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**16. A strength and conditioning facility's maintenance log displays the following equipment inspection schedule for the current month. Which specific entry represents a clear violation of the recommended safety standards for strength training equipment?**

- A. Monthly maintenance of pulleys
- B. Daily sanitation of the floors
- C. Quarterly cleaning of the bars
- D. Weekly inspection of cables

**17. To ensure legal defensibility against negligence claims regarding equipment failure, which specific component is essential to include in every single maintenance log entry?**

- A. Inspector's initials
- B. Original purchase price
- C. Manufacturer warranty
- D. Weather during service

**18. When developing a preventive maintenance schedule based on risk management principles, which equipment category demands the highest frequency of inspection to prevent failure?**

- A. Stretching area mats
- B. Plyometric jump boxes
- C. Cable column machine
- D. Dumbbell storage racks

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**19. A leg extension machine has a history of cable sticking despite repeated lubrication and tension adjustments. What criteria primarily justifies the decision to permanently retire this piece of equipment?**

- A. Expired warranty terms
- B. Aesthetic depreciation
- C. New model availability
- D. Low usage statistics



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**20. An athlete reports a loose bolt on the cross-member of a squat rack during a training session. What is the strength and conditioning professional's required immediate response to ensure safety?**

- A. Schedule repair for later
- B. Stop use and tag unit out
- C. Monitor stability in use
- D. Tighten bolt between sets

**21. A facility manager audits the maintenance log for a treadmill bank. The log shows entries for belt replacements and deck lubrication but contains no records for the weeks between these repairs. Based on NSCA guidelines, what critical documentation is missing?**

- A. Manufacturer's signature on the repair orders
- B. Warranty claim authorization numbers
- C. Serial numbers of the discarded components
- D. Daily inspection records

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**22. During a routine walkthrough, a strength and conditioning professional notices that the wood insert of an Olympic lifting platform shifts approximately 0.5 inches when stepped on, though all perimeter bolts appear secure. What is the immediate required action?**

- A. Tag the platform 'Out of Order'
- B. Tighten the bolts and monitor for movement
- C. Schedule a carpenter for the following week
- D. Apply industrial floor adhesive to the edges

**23. A strength and conditioning professional discovers a frayed cable on a lat pulldown machine during a training session. After stopping athlete use, what is the professional's specific responsibility regarding documentation?**

- A. Notify facility manager only
- B. Remove machine from the floor
- C. Record defect and tag unit out
- D. Contact manufacturer for parts



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**24. A weight rack has a visible crack in a weld but remains functional. The strength and conditioning professional decides to keep it in use for one more week until the season ends. From a legal standpoint, this decision best fits the criteria for which concept?**

- A. Assumption of risk
- B. Standard operational procedure
- C. Inherent risk of participation
- D. Strict product liability

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**25. An athlete collapses while attempting a heavy squat, and the barbell falls across their upper back. Several teammates rush toward the rack. What is the strength and conditioning professional's absolute first priority?**

- A. Stabilize the cervical spine
- B. Control the scene safety
- C. Check the athlete's airway status
- D. Remove the weight from the athlete

**26. An athlete dislocates a finger during a plyometric drill. The digit is obviously deformed. Which action violates the strength and conditioning professional's scope of practice?**

- A. Immobilizing the hand
- B. Referring to a physician
- C. Documenting the injury mechanism
- D. Reducing the dislocation

**27. A strength and conditioning professional is completing an incident report after an athlete fainted. Which of the following entries represents a failure to maintain required objectivity in documentation?**

- A. 'Fainting was likely caused by poor diet'
- B. 'EMS arrived at the scene at 4:15 PM'
- C. 'The athlete reported feeling dizzy'
- D. 'The floor surface was dry and clear'

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**28. During a training session, an athlete collides with a rack and sustains a blow to the head. They report a minor headache and sensitivity to the gym lights but insist they are fine to continue. What is the appropriate course of action?**

- A. Continue training at a lower intensity
- B. Perform a graded exercise assessment
- C. Refer to medical staff immediately
- D. Allow return if symptoms clear quickly

**29. An athlete is injured when a plyometric box collapses. The coach immediately disposes of the broken box in the dumpster to clear the floor before documenting the incident. This action could result in legal liability for which concept?**

- A. Breach of the duty to warn
- B. Premises liability negligence
- C. Inadequate emergency planning
- D. Lack of proper supervision

**30. An athlete collapses during conditioning and is unresponsive. The strength and conditioning professional determines the athlete has a pulse but is breathing irregularly. What is the required immediate action?**

- A. Apply smelling salts to wake them
- B. Activate emergency medical services
- C. Wait for consciousness to return
- D. Move the athlete to a quiet area



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## Answer Key & Explanations

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### 1. D — Relocate power racks to the perimeter walls

Taller equipment (power racks) should be placed along perimeter walls, with shorter equipment (dumbbell benches) in the center. This creates a clear line of sight for supervision. Small elevation changes (Distractor 1) or staffing increases (Distractor 4) do not resolve structural blind spots. Mirrors (Distractor 3) supplement but do not replace proper layout.

### 2. A — A distance of 3 to 4 feet (0.9–1.2 m)

Guidelines recommend a 3- to 4-foot buffer between stations to accommodate spotters and prevent collisions during explosive movements. 24 inches (Distractor 1) is insufficient for safety. Barbell width (Distractor 2) and athlete height (Distractor 4) are not standard metrics for spacing. 36 inches (Distractor 3) is for walkways, not necessarily the working buffer.

### 3. C — Route circulation paths around the lifting zone

Traffic flow should never pass through high-risk areas like free weight zones. Creating perimeter walkways separates traffic from active lifting. Marking aisles through the zone (Distractor 1) or widening paths (Distractor 2) encourages unsafe traffic. Signage (Distractor 3) is less effective than physical layout changes that eliminate the hazard.

### 4. A — Mirrors mounted 20 inches off the floor

The correct answer is lights placed directly over the mirrors. Improper lighting placement relative to mirrors is a common cause of glare that obscures vision. Guidelines suggest that mirrors should be placed to avoid capturing the reflection of overhead lights or windows. Distractor 1 is incorrect because mounting mirrors 20 inches from the floor is the recommended standard (allowing visualization of plates while protecting the glass from dumbbell rolls), not a cause of glare. Distractor 2 is incorrect because reflection from the opposite wall typically provides depth, not blinding glare. Distractor 3 is incorrect because glass type affects safety (shattering) rather than glare generation. Distractor 4 is incorrect because low lux levels would cause dimness, not glare.

### 5. B — Positioned at the junction of the two wings

In L-shaped facilities, the central junction offers the only direct line of sight down both wings. Other locations (Distractors 1, 2, 3) create blind spots in one of the wings. Proper positioning ensures supervisors can monitor the entire floor area from a single vantage point.

### 6. D — Walkways must be 36 inches wide

The correct answer is that walkways must be 36 inches wide. To ensure safe traffic flow and ADA compliance, a minimum continuous unobstructed pathway width of 36 inches (3 feet) is required. A 28-inch path creates a bottleneck that impedes movement and increases injury risk during transport of equipment. Distractor 1 is incorrect because there is no specific rule requiring 4 feet of clearance for machines specifically; the walkway rule is the primary constraint. Distractor 2 is incorrect because while dumbbell areas need space, the specific violation here is the sub-standard walkway width. Distractor 3 is incorrect because equipment can be near paths as long as the path itself remains unobstructed and of sufficient width.



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**7. A — Expand the pathway width to 4–7 feet**

Circuit training involves dynamic movements and rapid transitions, requiring wider traffic corridors (4 to 7 feet) than standard walkways (3 feet) to prevent collisions. Traffic rules (Distractor 3) are insufficient during high-intensity intervals. Flooring (Distractor 2) or dividers (Distractor 4) do not compensate for inadequate spacing.

**8. C — Move taller equipment to the walls**

The correct answer is to move taller equipment to the walls. The principle of grading equipment by height dictates that tall pieces (power racks, smith machines) should be along the walls, and shorter pieces (benches, dumbbell racks) in the center. This ensures that a supervisor can see over the central equipment to monitor the perimeter. Distractor 1 is incorrect because elevating the machine zone might introduce new safety hazards (tripping) and is less effective than simply rearranging the racks. Distractor 2 is incorrect because power racks have a fixed height that cannot be lowered. Distractor 3 is incorrect because positioning supervisors in the aisle blocks traffic and limits their overall field of view.

**9. A — Interspersed between strength training stations**

Cardiovascular equipment should be grouped in a distinct area to consolidate electrical needs and separate aerobic activity from heavy lifting. Mixing cardio with strength stations creates traffic conflicts. Single rows may block access, while placing machines at the entrance causes congestion. A dedicated section optimizes flow and safety.

**10. B — Blocking of the required egress pathway**

Safety codes mandate that emergency exits and egress pathways remain unobstructed (typically requiring 36+ inches of clearance). Placing racks within 2 feet violates minimum width requirements for safe evacuation. Other issues like bolting or weight limits are secondary to immediate life-safety hazards caused by blocking an exit.

**11. D — Inadequate buffer zone**

The correct answer is inadequate buffer zone. Olympic lifting exercises require a significant safety cushion or buffer zone to accommodate the bar moving unpredictably during a missed lift (bail-out). A 2-foot distance is insufficient for safe spotting or observation during these dynamic movements. Distractor 1 is incorrect because spotting is generally not recommended for the snatch exercise due to the risk of injury to both athlete and spotter. Distractor 2 is incorrect because while safeties are used in racks, they are not applicable to platform Olympic lifts. Distractor 3 addresses floor quality, not the spatial management that caused the collision.

**12. A — Reconfigure for clear sight lines**

The correct answer is reconfigure for clear sight lines. Safety and supervision are the primary functional priorities in facility layout; the strength and conditioning professional must have an unobstructed view of all training areas to intervene in dangerous situations. Distractor 1 suggests adding mirrors, which are supplementary aids but do not replace direct line-of-sight supervision. Distractor 2 attempts to solve a physical layout problem with personnel, which is less effective than correcting the root design flaw. Distractor 3 focuses on equipment height rather than the fundamental positioning relative to the supervisor's station.

**13. C — Cable column systems**

The correct answer is cable column systems. NSCA guidelines stipulate that high-use equipment with moving parts prone to wear, specifically cable systems and free-weight equipment, should be inspected daily for



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safety hazards like fraying or loose connections. Distractor 1 is incorrect because platforms are typically inspected weekly for warping or damage. Distractor 2 is incorrect as racks generally fall under weekly inspection schedules for structural stability. Distractor 3 is incorrect because benches are also typically inspected weekly for stability and upholstery damage, not daily.

**14. A — Notify the facility manager and document**

The priority is preventing further use by physically tagging the equipment as "Out of Order" and removing it from service. Administrative notification happens after securing the hazard. Allowing continued use or temporary fixes like cones does not address the immediate structural failure risk.

**15. B — Bent weight stack guide rod**

A bent guide rod is a structural failure that can cause weight stacks to stick or drop unpredictably, posing immediate injury risks. Cosmetic issues like chipped paint, surface rust, or worn upholstery (unless foam is exposed) do not require immediate removal from service.

**16. D — Weekly inspection of cables**

Cable systems are high-risk items prone to fraying; guidelines require daily inspection before sessions. Weekly checks are insufficient for cables. Conversely, weekly bench inspections, monthly pulley maintenance, and daily floor sanitation generally align with standard operational guidelines.

**17. A — Inspector's initials**

A legally defensible maintenance log must establish accountability by recording who performed the inspection, along with dates and specific actions. Purchase price is a financial record, not a safety record. Warranty status relates to costs, not performance of maintenance. Weather conditions are irrelevant to indoor maintenance.

**18. C — Cable column machine**

Equipment with moving parts, cables, and pulleys carries the highest risk of injury, requiring daily inspection. Racks are static and typically require weekly checks of bolts. Benches are generally inspected weekly. Mats have a lower risk profile compared to mechanical resistance equipment.

**19. A — Expired warranty terms**

Persistent functional issues unresolved by standard maintenance indicate compromised structural integrity or internal mechanisms, posing safety risks that justify retirement. Warranty status dictates payment responsibility, not safety. Aesthetics do not affect function. Availability of newer models is a financial decision, not a safety-based criterion.

**20. B — Stop use and tag unit out**

Structural compromise on a load-bearing rack requires immediate cessation of use and application of an 'Out of Order' tag until qualified repair occurs. Monitoring or continuing use is negligent given the known hazard. Reporting is secondary; the primary action must be securing user safety.

**21. D — Daily inspection records**

The correct answer is daily inspection records. NSCA guidelines and risk management standards require that facilities establish and document routine inspection frequencies, typically daily for high-use equipment like treadmills, to identify hazards before they cause injury. Documenting only repairs (maintenance actions) is insufficient because it fails to prove that the facility was monitoring safety during the interim periods. Distractors are incorrect because while cost tracking and manufacturer sign-offs are administrative best



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practices, they are not the primary safety documentation gap described. Warranty claim numbers are financial records, not safety inspection records.

**22. A — Tag the platform 'Out of Order'**

The correct answer is to tag the platform 'Out of Order'. A shifting surface on a lifting platform creates an unstable base that significantly increases the risk of injury during heavy lifts. Even if bolts appear secure, the instability indicates a structural issue that requires the equipment to be removed from service immediately until it can be properly repaired. Distractors suggesting tightening bolts or monitoring are incorrect because they allow continued use of compromised equipment. Scheduling a repair for later without tagging the unit leaves athletes exposed to immediate hazard.

**23. C — Record defect and tag unit out**

Floor staff must immediately remove the hazard from use and document the issue in the maintenance log to initiate repair. Ordering parts is a managerial duty, and attempting immediate repair without qualification increases liability. Verbal notification without documentation is insufficient for proper risk management.

**24. A — Assumption of risk**

The correct answer is negligence. Negligence involves the failure to act as a reasonable and prudent professional would under similar circumstances. Knowing that a piece of equipment has a compromised structural element (cracked weld) and failing to remove it from service constitutes a breach of duty that exposes athletes to foreseeable harm. Distractors like assumption of risk apply to the inherent risks of sport, not equipment failure. Standard operational procedure would dictate immediate removal. Product liability would shift focus to the manufacturer, but the coach's decision to keep it in use is the negligent act here.

**25. B — Control the scene safety**

The correct answer is to control the scene safety. Before providing care, the professional must ensure the environment is safe for both the victim and the rescuer. This includes stopping other athletes from crowding or causing further harm (e.g., tripping over equipment, moving the victim improperly). Once the scene is safe, the professional can assess the athlete. Distractors suggesting immediate assessment or removal of weight skip the critical first step of emergency response: checking the scene. Calling 911 is a subsequent step after determining the nature of the emergency.

**26. D — Reducing the dislocation**

The correct answer is reducing the dislocation. Reduction of a joint is a medical procedure restricted to qualified healthcare providers (e.g., physicians, athletic trainers in some jurisdictions). Strength and conditioning professionals are trained in basic first aid and CPR but are not licensed to diagnose or treat acute musculoskeletal injuries through manipulation. Distractors such as applying ice, immobilizing the hand, or documenting the incident are appropriate first-aid and administrative responses within the CSCS scope.

**27. A — 'Fainting was likely caused by poor diet'**

The correct answer is 'Fainting was likely caused by poor diet'. Incident reports must be strictly factual and objective, recording what was seen, heard, and done. Speculating on the cause (e.g., 'poor diet') without medical evidence introduces bias and opinion, which compromises the legal validity of the document. Distractors such as recording the time of EMS arrival, the athlete's reported symptoms, or the state of the facility floor are all appropriate objective facts that should be included in a complete report.

**28. C — Refer to medical staff immediately**

The correct answer is to refer to medical staff immediately. Any suspicion of concussion (indicated here by



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mechanism of injury, headache, and photosensitivity) requires immediate removal from activity and referral to a qualified medical professional (e.g., athletic trainer or physician) for evaluation. Distractors involving returning to play, administering medication, or continuing to exercise violate safety protocols. A strength and conditioning professional cannot clear an athlete to return to play after a potential head injury.

### **29. A — Breach of the duty to warn**

The correct answer is spoliation of evidence. In the event of an injury involving equipment, the equipment itself is critical evidence for determining the cause (e.g., manufacturing defect vs. misuse). Discarding or altering it prevents proper investigation and can be viewed legally as an attempt to hide liability. The professional should have secured the equipment and tagged it for inspection. Distractors like failure to warn or premises liability relate to the conditions before the accident, not the post-accident destruction of evidence.

### **30. B — Activate emergency medical services**

The correct answer is to activate emergency medical services. Unconsciousness is a medical emergency that warrants immediate activation of EMS (calling 911), regardless of the presence of a pulse. While the athlete has a pulse, the irregular breathing and unresponsiveness indicate a critical status that requires advanced care. Distractors suggesting waiting, moving the athlete, or administering fluids delay life-saving help and can worsen the condition (e.g., fluids can cause aspiration in an unconscious person).



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