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Practice Questions

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1. Which of the following is not a factor that differentiates the bench press from the overhead press based on primary muscle groups activated? Exercise Primary Muscle Groups Bench Press Pectorals, Triceps, Deltoids Overhead Press Deltoids, Triceps, Upper Pectorals

- A. Triceps involvement
- B. Pectorals involvement
- C. Deltoids involvement

2. As a strength coach, you are demonstrating the lowering phase of a barbell deadlift to a client. Which of the following muscle groups is not primarily active in controlling the descent of the barbell?

- A. Deltoids
- B. Hamstrings
- C. Glutes

3. Michael is preparing to perform a deadlift. Here is his setup position: Position Element Description Feet Position Shoulder-width apart, toes slightly pointing out Grip Hands gripping the bar slightly outside knee width Back Neutral spine Shoulders Directly above the bar Head Looking straight ahead

- A. Michael's shoulders should be in front of the bar
- B. Michael's back should be rounded
- C. Michael's feet should be slightly less than shoulder-width apart with toes pointing forward

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4. In the initial phase of a barbell deadlift, which foot positioning technique is most important to maximize force generation?

- A. The goal is to pull the bar as quickly as possible.
- B. Maintain full foot contact with the ground throughout the lift.
- C. Keep the weight on the toes to initiate the lift.



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5. Where should a spotter place their hands during a bench press to ensure lifter safety and effective assistance?

- A. Near the lifter's elbows
- B. Close to the barbell or near the lifter's wrists
- C. Right above the lifter's head

6. What is the best practice for preventing benches in a weight training room from moving or tipping over during use to ensure safety?

- A. By placing benches on a non-slip surface
- B. By clustering benches together in groups of four
- C. By securing benches to the walls with brackets

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7. During a medicine ball slam, which joint is primarily activated, and what is the movement action taking place?

- A. Hips, extension
- B. Hips, rotation
- C. Elbows, flexion

8. One of your clients is training to improve both their strength and endurance. You've designed a routine where they alternate between strength training and cardio workouts across six days a week, dedicating specific days to particular muscle groups as well as cardio. Which of the following best describes this type of training?

- A. Circuit training
- B. Consecutive full-body workouts
- C. Split training

9. Review the table outlining an athlete's performance during the first three weeks of a periodized strength program. Based on the 2-for-2 rule, what adjustment, if any, should be made to the training program in Week 4? Week Planned Sets Planned Repetitions Actual Repetitions

Week	Planned Sets	Planned Repetitions	Actual Repetitions
1	3	10	10
2	3	10	12
3	3	10	12

- A. Maintain the current load and repetition scheme for Week 4.
- B. Increase the weight in Week 4, as the athlete has exceeded the repetition goal in two consecutive weeks.
- C. Decrease the number of sets in Week 4 to allow for recovery.



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10. Which of the following exercises primarily targets the latissimus dorsi muscle?

- A. Lateral raises
- B. Pull-ups
- C. Bench press

11. A training session where an athlete performs kettlebell swings immediately followed by box jumps is primarily an example of which type of training?

- A. Circuit training
- B. Interval training
- C. Complex training

12. In performing a bench press, how should the hands be placed on the bar for optimal performance?

- A. Close grip, hands touching
- B. Slightly wider than shoulder-width apart
- C. Extremely wide grip

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13. After completing a high-intensity interval training (HIIT) session, the body's metabolism remains elevated for a period. For how many hours does this elevated state typically last?

- A. 12 hours
- B. 36 hours
- C. 24 hours

14. You're concerned that an athlete you coach is showing signs of burnout. What is the first action you should take?

- A. Recommend immediate rest and contact a psychologist
- B. Become familiar with signs and symptoms of burnout
- C. Speak to the athlete's family about possible interventions



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15. Based on recommendations for athletic nutrition, calculate the percentage of daily caloric intake coming from protein for strength athletes. Select the nearest whole number. Group Daily Protein Intake (grams) Calories per gram of protein Total Daily Caloric Intake Endurance Athletes 100 4 2500 Strength Athletes 120 4 3000 Recreational Athletes 80 4 2000

- A. 20%
- B. 16%
- C. 10%

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16. Which of the following plays a critical role in uncovering the binding sites on actin filaments during muscle contraction?

- A. Sodium ions
- B. ATP
- C. Calcium ions

17. Which of the following hormones plays a significant role in promoting muscle protein synthesis and is classified as a polypeptide hormone?

- A. Growth hormone
- B. Cortisol
- C. Adrenaline

18. During the contraction phase of a muscle contraction cycle, which of the following sarcomere structures decreases in length as the actin and myosin filaments slide past each other?

- A. A-band
- B. Z-line
- C. H-zone
- D. I-band

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19. All of the following techniques can be used to promote intrinsic motivation in athletes except:

- A. Setting personal goals based on self-improvement
- B. Offering a trophy at the end of the season
- C. Encouraging self-reflection on personal progress

20. Which of the following sugars is commonly used in sports drinks for quick energy replenishment during endurance events?

- A. Maltose
- B. Cellulose
- C. Glucose

21. A strength and conditioning coach is organizing a training week for a basketball team. Based on the following workout plan, which type of workout should ideally be scheduled on a separate day to ensure the athletes do not experience fatigue that compromises their performance in other sessions? Type of Workout Example Session Recommended Frequency Per Week Aerobic Continuous 5-mile run 2 times Anaerobic High-intensity interval training (HIIT) 1 time Strength 1RM bench press testing 2-3 times Speed 10-meter sprint drills 2 times

- A. Aerobic (Continuous 5-mile run)
- B. Strength (1RM bench press testing)
- C. Anaerobic (High-intensity interval training - HIIT)

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22. When evaluating an athlete's nutritional plan, which of the following is of least importance for enhancing athletic performance?

- A. Hydration
- B. Calorie intake
- C. Carbohydrate intake
- D. Protein intake



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23. When administering a maximal anaerobic power test on a cycle ergometer to an athlete, which of the following tools is least essential for this assessment? Tool Purpose
Heart rate monitor Tracks heart rate during test
Power meter Measures power output in watts during sprint
Lactate analyzer Analyzes blood lactate concentration post-test
Altimeter Measures altitude changes; not relevant for ergometer test

- A. Heart rate monitor
- B. Power meter
- C. Lactate analyzer
- D. Altimeter

24. An athlete undergoes a training cycle aimed at improving sprint performance. Using the table below, calculate the percentage increase in the athlete's average power output after the training cycle.

Time	50-meter Sprint Time (s)	Average Power Output (W)
Before Training	7.5	400
After Training	7.2	440

- A. 15%
- B. 20%
- C. 10%
- D. 5%

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25. During a hyperextension exercise focusing on strengthening the lower back, which of the following best represents the movement of the torso relative to the hips?

- A. Angle between the torso and hips remains constant
- B. Angle between the torso and hips increases
- C. Angle between the torso and hips decreases

26. A powerlifter is preparing for a competition and needs to perform multiple maximal lift attempts. What is the recommended minimum amount of rest between attempts to ensure adequate recovery and optimal performance during the competition?

- A. 1 minute
- B. 5 minutes
- C. 3 minutes



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27. A sprinter has been training with resistance exercises, including barbell squats, for the last six months. How many repetitions of barbell squats would be suitable for this athlete per session?

- A. 20
- B. 50
- C. 30

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28. Which of the following statements is true regarding the elbow flexion angle during the lowering and lifting phases of a bench press?

- A. Elbow flexion angle is greater during the lowering phase.
- B. Elbow flexion angle is greater during the lifting phase.
- C. Elbow flexion angle is equal in both phases.

29. A track athlete is at the starting line, ready to begin a race. To optimize performance and effectively ignore the noise from the audience and other competitors, which of the following psychological strategies should the athlete employ?

- A. Selective attention
- B. Extrinsic motivation
- C. Positive self-punishment

30. Your client is a sprinter who wants to reach their top speed more quickly during races. Which type of training should be prioritized in their program to best achieve this goal?

- A. Speed endurance
- B. Flexibility
- C. Strength endurance



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Answer Key & Explanations

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1. A — Triceps involvement

Answer: Triceps involvement Both the bench press and overhead press involve the triceps significantly. The difference lies in the emphasis on pectorals and deltoids.

2. A — Deltoids

Answer: Deltoids During the lowering (eccentric) phase of a barbell deadlift, the primary muscle groups controlling the descent are the hamstrings, glutes, and erector spinae. These muscles work together to stabilize and lower the weight in a controlled manner. The deltoids are not primarily involved in this phase.

3. C — Michael's feet should be slightly less than shoulder-width apart with toes pointing forward

Answer: Michael's feet should be slightly less than shoulder-width apart with toes pointing forward For the deadlift, it is recommended that the feet be slightly less than shoulder-width apart with toes pointed forward to maintain balance and effective force application. His back should remain neutral to avoid injury and optimize the lift, with shoulders positioned directly above the bar. The rest of his position is correct for initiating the deadlift, with a focus on utilizing leg and hip strength while keeping the back aligned.

4. B — Maintain full foot contact with the ground throughout the lift.

Answer: Maintain full foot contact with the ground throughout the lift. During the initial phase of a deadlift, keeping full foot contact ensures stability and allows the lifter to generate maximal force from the ground up. Shifting the weight to the toes would create an unstable lifting platform and reduce force generation.

5. B — Close to the barbell or near the lifter's wrists

Answer: Close to the barbell or near the lifter's wrists. During a bench press, the spotter should be in a position to quickly assist if the lifter cannot control the barbell. Hands should be near the barbell or close to the lifter's wrists to help stabilize and support if needed. This positioning ensures the spotter can react quickly to prevent the bar from falling or causing injury.

6. A — By placing benches on a non-slip surface

The correct answer is to place benches on a non-slip surface to prevent them from moving during exercises. Non-slip surfaces help ensure that benches remain stable, reducing the risk of tipping or sliding, which can lead to injuries. Clustering benches or securing them to walls can create additional hazards or inconvenience.

7. A — Hips, extension

Answer: Hips, extension In a medicine ball slam, the movement starts with raising the medicine ball overhead, engaging the elbows and hips. The primary movement occurs when extending the hips forcefully as you slam the ball to the ground, targeting muscle groups such as the glutes and hamstrings.

8. C — Split training

Answer: Split training A split training routine divides workouts to focus on different muscle groups or activities on different days, optimizing recovery and training frequency. Circuit training involves performing a series of exercises in a sequence, targeting different muscle groups within a single session. Consecutive full-body workouts would indicate training all muscle groups in each session, which is not reflected in the described



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schedule.

9. B — Increase the weight in Week 4, as the athlete has exceeded the repetition goal in two consecutive weeks.

According to the 2-for-2 rule, if an athlete can perform two or more repetitions over their assigned repetition goal in consecutive workouts, the weight should be increased in the following week. In this scenario, the athlete exceeded the target repetitions in both Week 2 and Week 3. Therefore, an increase in weight is recommended for Week 4.

10. B — Pull-ups

The latissimus dorsi is heavily involved in exercises that involve shoulder adduction and extension. Pull-ups specifically target the latissimus dorsi because of the pulling motion that involves bringing the upper arms from overhead down to the sides of the body. In contrast, bench press primarily engages the pectorals and triceps, while lateral raises emphasize the deltoids, particularly the middle heads.

11. C — Complex training

Complex training combines a heavy resistance exercise (kettlebell swings) with a plyometric movement (box jumps) to enhance muscle activation, utilizing post-activation potentiation for improved performance.

12. B — Slightly wider than shoulder-width apart

Answer: Slightly wider than shoulder-width apart For an effective bench press, the hands should be placed slightly wider than shoulder-width apart. This position is ideal for optimizing leverage and muscle engagement while minimizing injury risk. A grip that is too wide or too narrow can lead to decreased effectiveness and potential strain on the shoulders.

13. B — 36 hours

Answer: 36 hours The afterburn effect, known as excess post-exercise oxygen consumption (EPOC), extends the elevated metabolic rate for up to 36 hours after an intense workout like HIIT. This increased metabolic rate is beneficial as it aids in burning calories even after the workout is completed, but diminishes after this period.

14. B — Become familiar with signs and symptoms of burnout

Answer: Become familiar with signs and symptoms of burnout Before acting on your suspicions, it is crucial to be informed about the symptoms of burnout. Recognizing these signs can prevent misinterpretation and help provide accurate guidance for the athlete. As a coach, while it's important to support mental health, diagnosing or making treatment decisions should be left to qualified professionals.

15. B — 16%

For strength athletes, their daily protein intake is 120 grams and each gram provides 4 calories. Total protein calories = $120 \times 4 = 480$ calories. Total daily caloric intake for strength athletes is 3000 calories. Percentage of calories from protein = $\frac{480}{3000} \times 100\% \approx 16\%$.

16. C — Calcium ions

Answer: Calcium ions Calcium ions bind to troponin on the actin filaments, causing a conformational change. This action shifts tropomyosin away from the myosin-binding sites on actin, allowing for cross-bridge attachment and muscle contraction.

17. A — Growth hormone

Answer: Growth hormone Polypeptide hormones, such as growth hormone, are composed of amino acids and interact with cell surface receptors. Growth hormone specifically plays a major role in muscle protein



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synthesis, promoting muscle growth and repair. In contrast, cortisol is a steroid hormone, and adrenaline (epinephrine) is an amine hormone.

18. C — H-zone

During the contraction phase of muscle shortening, the H-zone of the sarcomere decreases in length and eventually disappears due to the overlap increase between actin and myosin filaments. The A-band remains constant as it represents the length of the myosin filaments. The Z-lines do not decrease in length; instead, they move closer together.

19. B — Offering a trophy at the end of the season

Answer: Offering a trophy at the end of the season Intrinsic motivation arises from internal satisfaction. Techniques that focus on personal growth and self-reflection foster this type of motivation. Offering a trophy is an external reward, thus serving as extrinsic motivation.

20. C — Glucose

Answer: Glucose Glucose is a monosaccharide and is commonly found in sports drinks as it provides a quick source of energy. Maltose is a disaccharide, composed of two glucose units, while cellulose is a complex carbohydrate and not digestible for direct energy use by humans.

21. C — Anaerobic (High-intensity interval training - HIIT)

Answer: Anaerobic (High-intensity interval training - HIIT) HIIT sessions are highly taxing and can lead to significant fatigue, which can compromise performance in other workouts if not scheduled properly. It is optimal to schedule HIIT on a separate day or ensure adequate recovery time before and after the session. Aerobic and strength sessions, while demanding, typically do not result in the same level of acute fatigue as HIIT.

22. B — Calorie intake

Calorie intake is crucial for overall health but is less specific than macronutrient allocation for performance outcomes. Carbohydrates are the primary fuel for exercise, proteins are vital for repair and recovery, and hydration is essential for maintaining performance. While an athlete must ensure they consume sufficient calories, specific nutrient intake is more directly linked to performance.

23. D — Altimeter

The correct answer is Altimeter. An altimeter measures altitude changes, which are not necessary for a stationary test like an ergometer sprint. Essential tools like a heart rate monitor, power meter, and lactate analyzer provide vital data about the athlete's performance and physiological responses during such tests.

24. C — 10%

To calculate the percentage increase in power output, we use the formula: Percentage change = $\frac{\text{Final value} - \text{Initial value}}{\text{Initial value}} \times 100\%$ Initial Average Power Output = 400 W Final Average Power Output = 440 W Percentage change = $\frac{440 - 400}{400} \times 100\% = 10\%$

25. B — Angle between the torso and hips increases

The correct answer is the 'Angle between the torso and hips increases' as the torso lifts from a bent position causing the angle to increase, illustrating extension. In the context of a hyperextension exercise, extension involves the straightening of the back, leading to an increased angle between the torso and the hips.



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26. C — 3 minutes

Answer: 3 minutes For maximal efforts like those in powerlifting, a minimum rest period of three minutes is generally recommended to allow sufficient recovery of energy systems and reduce fatigue, ensuring athletes can perform optimally on successive attempts. Less than 3 minutes might not be adequate for full recovery of strength and power, while 5 minutes may be more suitable when tests are diverse or involve multiple different demands.

27. C — 30

The correct answer is 30 repetitions. As an intermediate athlete in resistance training, the typical volume for compound exercises like squats is around 24 to 48 repetitions per session. This often translates to around 4 to 6 sets of 6-8 repetitions.

28. A — Elbow flexion angle is greater during the lowering phase.

Answer: Elbow flexion angle is greater during the lowering phase. As the barbell is lowered towards the chest, the elbows must bend more, thereby increasing the angle. During the lifting phase, the elbows straighten as the barbell is pushed upward, decreasing the angle.

29. A — Selective attention

Answer: Selective attention Selective attention is the psychological ability to focus on certain stimuli while ignoring others, allowing the athlete to concentrate on the race despite distractions. Extrinsic motivation is driven by external rewards, not directly relevant to focusing on performance in this context. Positive self-punishment refers to adding an unpleasant factor after behavior, a concept unrelated to maintaining focus during competition.

30. A — Speed endurance

Speed endurance training helps sprinters maintain higher velocities for longer periods and reach their maximal speed faster. Flexibility, although beneficial for overall performance and injury prevention, does not directly enhance the ability to accelerate quickly. Strength endurance is more related to sustaining submaximal force over prolonged periods, rather than rapidly accelerating to top speed.



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