
CSCS Practice Exam 2023-2024 Questions and Answers 100% Correct

Each muscle fiber is surrounded by a connective tissue called? - ANSWER-Endomysium

What is released from the sarcoplasmic reticulum into the myofibril, causing tension development in a muscle? - ANSWER-Calcium ions that bind to troponin

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

What is the thick structural protein inside the sarcomere? - ANSWER-Myosin

A muscle fiber that is small in diameter has a slow contraction speed, and a high capillary density would be classified as? - ANSWER-Type I

Through which of the following valves does blood flow after contraction of the right atrium? - ANSWER-Tricuspid

During a typical electrocardiogram, atrial depolarization is represented by? - ANSWER-P-wave

While reading an ECG, electrical potential that depolarizes the ventricles is represented by? - ANSWER-QRS complex

What blood vessel functions to exchange oxygen, fluid, nutrients, electrolytes, hormones, and other substances between the blood and the interstitial fluid in the various tissues of the body? - ANSWER-Capillaries

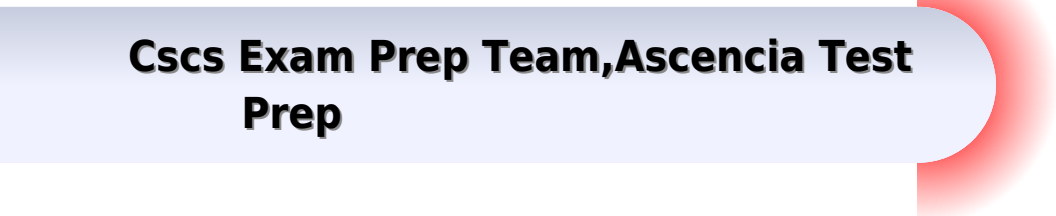
Where are normal rhythmic electrical impulses initiated in the heart? - ANSWER-Sinoatrial (SA) node

When performing a biceps curl, tension in the biceps brachii muscle increases. Which of the following structures detects and responds to the tension by reflexively reducing muscle activation? - ANSWER-Golgi tendon organ

An athlete training for a marathon would benefit from having a high concentration of which muscle fiber type? - ANSWER-Type I

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