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Crossfit Certification And Training Department Participant Handbook version 1.0

1.7. SAMPLE TEST QUESTIONS

Following are items that are typical of the questions asked on the Level 1 Course Certificate Test. These items do not appear on the test.

The four primary points of performance of an air squat are:

- a) Lumbar extension, weight in the heels, depth below parallel, and knees tracking over the toes.
- b) Lumbar extension, hands up, weight in the heels, and depth to parallel.
- c) Weight on the heels, hands up, head up, and knees tracking over the toes.
- d) Chest up, knees not traveling past the toes, depth to parallel, and heels down.

The CrossFit prescription of "repeat interval" refers primarily to coding workouts based on:

- a) The force and time of the workout.
- b) The nutrition of the athlete.
- c) The amount of recovery between workouts.
- d) The physical and psychological tolerances of the individual.

Preparing an athlete for the unknown, unknown, and unknowable aspects of life, sport, and combat is best accomplished through which of the following?

- a) Intensity
- b) Functional requirements
- c) Power
- d) Variance

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