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# PES Practice Exam 1 Questions and Answers 100% Accurate

Which of the following is a contributor to subacromial impingement syndrome (SAIS)? - ANSWER-Bony deformity of the acromion

What is the most common sports-related injury, and the number one injury for time lost? - ANSWER-Ankle sprains

Which of the following is 70% of an athlete's age subtracted from in the HRmax regression formula? - ANSWER-208

Which phase of the OPT model supersedes a traditional strength exercise (e.g. barbell squats) with a plyometric/power exercise of similar joint mechanics (e.g. squat jumps) to enhance prime mover strength and rate of force production? - ANSWER-Phase 5 : Power

Which antioxidants play a role in balancing the oxidative stress produced by free radicals during exercise? - ANSWER-C, E, beta carotene, selenium

Which of the following techniques is critical for maintaining stability in the sacroiliac joint? - ANSWER-Drawing In Maneuver

Which muscular system is predominantly involved in joint support and stabilization, and is not movement specific? - ANSWER-Local

Why do females have a greater risk of ACL injury compared to males? - ANSWER-Females have higher relative loads on the ACL than males.

Which is the foundation from which a progressive sports performance training program is built? - ANSWER-Core training

Single-leg front-to-back hops might be done by an athlete in which phase of OPT? - ANSWER-5

When performing an exercise in the transverse plane, around which of the following axes does the movement occur? - ANSWER-Longitudinal

Winning the Stanley Cup is an example of which of the following? - ANSWER-Extrinsic motivation

# Moog Pes Answers

**Richard Bailey**



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