

DR. LONG STRENGTH AND CONDITIONING TEST 2 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which hormone is the main growth hormone for men?**
 - A. Estrogen
 - B. Growth hormone
 - C. Testosterone
 - D. DHEA
- 2. BMD stands for**
 - A. Bone Mineral Density
 - B. Bone Mass Density
 - C. Bone Matrix Density
 - D. Bone Mineral Development
- 3. In tempo training for squats, which cadence demonstrates a controlled eccentric and pause?**
 - A. 1-0-1-0
 - B. 0-0-0-0
 - C. 3-0-2-0
 - D. 2-1-2-1
- 4. What does the first number in a typical BP reading (e.g., 110/70) represent?**
 - A. Systolic pressure
 - B. Diastolic pressure
 - C. Pulse pressure
 - D. Mean arterial pressure
- 5. Autoregulation in training can be implemented using which approach?**
 - A. Fixed percentage of 1RM
 - B. Ignore readiness
 - C. RPE
 - D. Training at same pace

- 6. How would you contrast hypertrophy-focused training with maximal strength training?**
- A. Hypertrophy: 8–12 reps at 60–75% 1RM with 60–90s rest; Strength: 1–6 reps at 85–95% 1RM with 2–5 min rest
 - B. Hypertrophy uses higher loads and less volume
 - C. Hypertrophy requires longer rest and fewer reps
 - D. Strength uses low loads with long rest
- 7. Which statement best describes how training stress should be adjusted to elicit adaptations?**
- A. Decreasing training intensity over time.
 - B. Increasing rest selectively.
 - C. Maintaining constant loads.
 - D. Gradually increasing training stress to elicit adaptations.
- 8. Which of the following best describes the components of a sport-specific warm-up?**
- A. Static stretching.
 - B. Long, slow cardio.
 - C. Movement patterns, short sprints, dynamic events to prepare muscles.
 - D. Heavy resistance training prior to skill work.
- 9. Which statement best describes a warm-up for power development compared with general strength training?**
- A. Lighter loads, dynamic movement, activation, and speed.
 - B. Heavier loads with static stretching.
 - C. Only cardio activity.
 - D. No warm-up required.
- 10. What is the primary function of endocrine glands?**
- A. Release hormones into the bloodstream
 - B. Release digestive enzymes into the stomach
 - C. Produce neurotransmitters
 - D. Store hormones

Answers

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1. B
2. A
3. C
4. A
5. C
6. A
7. D
8. D
9. A
10. A

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Explanations

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1. Which hormone is the main growth hormone for men?

- A. Estrogen
- B. Growth hormone**
- C. Testosterone
- D. DHEA

Growth hormone is the main driver of growth. It's released by the pituitary gland and acts on tissues directly and indirectly through IGF-1, which is produced mainly in the liver. This IGF-1 signal promotes the growth of bone, muscle, and other tissues, supporting overall linear and body growth. In men, testosterone helps amplify this process by increasing growth hormone secretion and IGF-1 activity, and by supporting muscle and bone development, but the actual growth-promoting signal comes from growth hormone itself. Estrogen affects growth by speeding up the closing of the growth plates, ending longitudinal growth, and DHEA is a weaker precursor with less direct impact on growth.

2. BMD stands for

- A. Bone Mineral Density**
- B. Bone Mass Density
- C. Bone Matrix Density
- D. Bone Mineral Development

Bone Mineral Density is the standard measurement of how much mineral content is packed into bone, reflecting its strength. It's typically obtained with a DEXA scan and reported as a T-score or Z-score to assess osteoporosis risk and guide treatment. The other phrases aren't used in practice: "Bone Mass Density" isn't the accepted term; "Bone Matrix Density" would refer to the organic part of bone rather than minerals; and "Bone Mineral Development" describes growth and remodeling rather than a current density measurement.

3. In tempo training for squats, which cadence demonstrates a controlled eccentric and pause?

- A. 1-0-1-0
- B. 0-0-0-0
- C. 3-0-2-0**
- D. 2-1-2-1

Tempo training uses four numbers to control how you move through a lift: eccentric time (lowering), a pause at the bottom, concentric time (lifting), and a pause at the top. A truly controlled descent includes both a defined lowering duration and a pause at the bottom before driving up, which enforces technique and prevents momentum bouncing. The cadence that best shows this is the one with a nonzero bottom pause, meaning you lower for a set time, pause at the bottom, then rise with a set tempo (and you can also have a top pause in some protocols). For example, a pattern like 2 seconds down, a 1-second pause at the bottom, 2 seconds up, and a 1-second pause at the top demonstrates both a deliberate eccentric and a pause. This emphasis on the bottom pause is what makes the movement controlled rather than a quick, momentum-driven lift. Other cadences that skip the bottom pause or have no pause at all don't reinforce the same level of control.

4. What does the first number in a typical BP reading (e.g., 110/70) represent?

- A. Systolic pressure
- B. Diastolic pressure
- C. Pulse pressure
- D. Mean arterial pressure

During a blood pressure measurement the arterial pressure peaks with each heartbeat. The first number is the peak pressure in the arteries when the heart contracts and ejects blood into the aorta and systemic circulation, so it represents the systolic pressure. The second number, measured when the heart relaxes and the arteries refill, is the diastolic pressure. The difference between the two gives pulse pressure, and mean arterial pressure is a weighted average of the two values. So in a reading like 110/70, 110 mmHg is the systolic pressure.

5. Autoregulation in training can be implemented using which approach?

- A. Fixed percentage of 1RM
- B. Ignore readiness
- C. RPE
- D. Training at same pace

Autoregulation adjusts training stress based on how you feel and perform on a given day. Using rate of perceived exertion (RPE) lets you gauge effort and dial in the appropriate load or reps to hit a target intensity, so your workouts reflect daily readiness. A fixed percentage of 1RM doesn't account for daily variation—you might be stronger or more fatigued than usual, making the same load too easy or too hard. Ignoring readiness means you're not adapting to how you're actually feeling. Training at the same pace ignores fatigue and recovery state and won't respond to day-to-day fluctuations. With RPE, you can aim for a specific effort (for example, matching sets to an RPE you're targeting) and adjust accordingly, which is the essence of autoregulation.

6. How would you contrast hypertrophy-focused training with maximal strength training?

- A. Hypertrophy: 8–12 reps at 60–75% 1RM with 60–90s rest; Strength: 1–6 reps at 85–95% 1RM with 2–5 min rest
- B. Hypertrophy uses higher loads and less volume
- C. Hypertrophy requires longer rest and fewer reps
- D. Strength uses low loads with long rest

Hypertrophy training builds muscle size by increasing training volume and creating metabolic stress, which drives growth signals in the muscle. This is best achieved with a moderate load carried through a moderate number of repetitions and a relatively short rest between sets. The combination keeps the muscle under tension long enough to stimulate growth while not fully erasing fatigue, promoting greater time under tension and fatigue-driven adaptations that encourage muscle hypertrophy. Maximal strength training, in contrast, aims to maximize force production in a single effort, so it relies on very heavy loads, low repetitions, and longer rest to allow near-full recovery between efforts. This setup prioritizes neural adaptations and high-threshold motor unit recruitment, enabling repeated near-maximal outputs. So, the description that pairs hypertrophy with moderate reps and a moderate load plus shorter rest, and strength with few reps, heavy load, and longer rest, best captures the distinct aims and practical prescriptions of the two training goals. Choices that imply hypertrophy uses higher loads and less volume, or that hypertrophy requires longer rest and fewer reps, or that strength uses low loads with long rest, don't align with how these adaptations are typically trained.

7. Which statement best describes how training stress should be adjusted to elicit adaptations?

- A. Decreasing training intensity over time.
- B. Increasing rest selectively.
- C. Maintaining constant loads.

D. Gradually increasing training stress to elicit adaptations.

Progressive overload is what drives gains. The body adapts to the stress you place on it, but that stimulus needs to rise gradually to keep prompting improvements without causing excessive fatigue or injury. If you keep training loads constant, the stimulus becomes familiar and adaptations plateau. Reducing intensity reduces the stimulus, which slows or stops progress. Merely increasing rest might help recovery, but it doesn't provide a new loading challenge to drive adaptation. So the most effective approach is to progressively and predictably increase training stress over time, using small, manageable increases in load, volume, or frequency (and incorporating planned deloads to reset fatigue).

8. Which of the following best describes the components of a sport-specific warm-up?

- A. Static stretching.
- B. Long, slow cardio.
- C. Movement patterns, short sprints, dynamic events to prepare muscles.

D. Heavy resistance training prior to skill work.

Preparing the body for performance means priming the muscles, joints, and nervous system with dynamic, sport-specific movements that mirror what you'll do in competition. The best warm-up includes movement patterns, short sprints, and dynamic activities that ramp up intensity gradually, raise body temperature, and sharpen neuromuscular readiness for the exact actions you'll perform. This approach supports faster starts, better coordination, and more powerful effort. Static stretching alone doesn't activate the nervous system for rapid or explosive movements and can temporarily reduce force output. Long, slow cardio is not specific enough to prepare the precise muscle actions and sprint or jump demands of many sports. Heavy resistance training before skill work can fatigue the muscles and impair technique and speed. So the most effective description is a sequence of movement patterns, short sprints, and dynamic drills that ready the body for sport-specific performance.

9. Which statement best describes a warm-up for power development compared with general strength training?

- A. Lighter loads, dynamic movement, activation, and speed.**
- B. Heavier loads with static stretching.
- C. Only cardio activity.
- D. No warm-up required.

Warm-up for power development aims to ready the nervous system and the active tissues for fast, explosive work. That means using lighter loads and movements that are dynamic, quick, and specifically targeted to the patterns you'll perform, plus activation work to wake up key muscles and tendon systems. The goal is to improve neural drive and the efficiency of the stretch-shortening cycle so you can express force rapidly, not to fatigue with heavy loads before training. Heavier loads combined with static stretching can dampen rapid force production and neural readiness, which isn't ideal before power work. A cardio-only warm-up or skipping a warm-up altogether misses the specific neuromuscular activation and velocity preparation power requires.

10. What is the primary function of endocrine glands?

- A. Release hormones into the bloodstream**
- B. Release digestive enzymes into the stomach
- C. Produce neurotransmitters
- D. Store hormones

Endocrine glands release hormones into the bloodstream, and these chemical messengers travel to distant targets to regulate processes like metabolism, growth, and stress responses. Hormones bind to specific receptors on target cells, eliciting appropriate physiological actions that help keep the body in balance. This differs from exocrine secretions, which are released into ducts to reach a specific site, such as digestive enzymes into the stomach. Storing hormones isn't the primary role of these glands, and neurotransmitters are produced by neurons rather than endocrine glands.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://drlongstrengthconditioning2.examzify.com>

We wish you the very best on your exam journey. You've got this!

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