Exos XPS Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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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

1. What is the original name of Plyometrics and from whom is it derived?

A. The shock method, derived from Dr. Yuri Verkhoshansky

B. The shock method, derived from Dr. Igor Koryakin

C. Elastic training, derived from Dr. Yuri Verkhoshansky

D. Dynamic training, derived from Dr. Anatoly Medved

2. What are the three elements of periodization described?

A. Increased volume; increased frequency; increased intensity

B. Frequency, duration, intensity

C. Volume, recovery, progression

D. Variation of stimulus; planned rest phases; cyclical program design to peak for certain events

3. Which term describes optimizing adaptation through fueling, physical and psychological strategies, and alternative methods?

A. Regeneration

B. Regimen

C. Rejuvenation

D. Resilience

4. What type of force optimizes the length-tension relationship?

A. Horizontal force

B. Vertical force

C. Lateral force

D. Rotational force

5. In the RAST test, how many max efforts are performed and how is distance determined?

A. 4 max efforts; distance fixed

B. 8 max efforts; distance based on weight

C. 6 max efforts; distance based on sport

D. 10 max efforts; distance determined by age

6. Which EXOS pillar focuses on Movement?

A. Mindset

B. Nutrition

C. Movement

D. Recovery

7. Which benefit best describes minimizing energy leaks during plyometric movements?

A. Improved ability to transfer force with minimal energy loss

B. Increased energy waste

C. Longer recovery times

D. Lower neuromuscular efficiency

8. Augmented Feedback types include:

A. Internal cues

B. Knowledge of results and knowledge of performance

C. External cues

D. Movement characteristics

9. Types of Verbal Instruction includes which pairing?

A. Internal cueing

B. Internal cueing and external cueing

C. Visual cueing

D. Auditory cueing

10. Ways of Visual Instruction can involve:

A. Watch an expert

B. Watch an expert, novice, or both

C. Listen to verbal instructions only

D. Perform without demonstration

Answers

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

Explanations

1. What is the original name of Plyometrics and from whom is it derived?

A. The shock method, derived from Dr. Yuri Verkhoshansky

B. The shock method, derived from Dr. Igor Koryakin

C. Elastic training, derived from Dr. Yuri Verkhoshansky

D. Dynamic training, derived from Dr. Anatoly Medved

Plyometrics began as the shock method, created by Dr. Yuri Verkhoshansky. This approach focuses on a rapid loading of the muscle followed by an explosive contraction, utilizing the stretch-shortening cycle to maximize power output. The term "shock method" reflects that quick, impactful loading at the heart of the training. The other options don't reflect the historical origin—neither the alternate person nor the other names are the original designation Verkhoshansky used.

2. What are the three elements of periodization described?

A. Increased volume; increased frequency; increased intensity

B. Frequency, duration, intensity

C. Volume, recovery, progression

D. Variation of stimulus; planned rest phases; cyclical program design to peak for certain events

Periodization centers on planning training across time to optimize performance for a specific event. The three elements described are variation of stimulus, planned rest phases, and cyclical program design to peak for certain events. Variation of stimulus means changing the type, intensity, and volume of training across cycles to challenge the body in different ways and drive continued adaptation. Planned rest phases acknowledge that recovery is when adaptations consolidate, so deloads and lighter periods help prevent overtraining and reduce cumulative fatigue. A cyclical program design structures training into cycles—macro, meso, and micro—so you build toward a peak, tapering the load as the event approaches to arrive at the highest performance. These elements together create a sequence that improves performance efficiently and safely.

3. Which term describes optimizing adaptation through fueling, physical and psychological strategies, and alternative methods?

A. Regeneration

B. Regimen

C. Rejuvenation

D. Resilience

A regimen is a structured, deliberate plan to optimize adaptation by coordinating fueling, physical training, psychological strategies, and even alternative methods into one cohesive program. It's the organized system that ties nutrition, workouts, mental conditioning, recovery, and supplemental approaches together to maximize performance and adaptation over time. Regeneration focuses on tissue regrowth, rejuvenation on restoring youthfulness, and resilience is the ability to bounce back from stress—outcomes or qualities that arise from a well-designed regimen rather than the plan itself.

4. What type of force optimizes the length-tension relationship?

A. Horizontal force

B. Vertical force

C. Lateral force

D. Rotational force

The length-tension relationship shows that a muscle produces the most force when its fibers are at an intermediate length where the actin and myosin filaments optimally overlap for cross-bridge formation. To keep the muscle near that ideal length during contraction, the force should act along the muscle's shortening axis, which is often aligned with the vertical direction in many functional positions. When the force is vertical, it tends to shorten the muscle without introducing joint angles or fiber pennation changes that push the fibers away from their optimal length. If the force were directed differently, joint mechanics could cause the muscle to operate too shortened or too stretched, reducing cross-bridge overlap and thus active tension. So vertical force best maintains the fiber length that maximizes the muscle's tension.

5. In the RAST test, how many max efforts are performed and how is distance determined?

A. 4 max efforts; distance fixed

B. 8 max efforts; distance based on weight

C. 6 max efforts; distance based on sport

D. 10 max efforts; distance determined by age

The RAST assesses anaerobic capacity by having you perform multiple maximal efforts with short recoveries, so your ability to sustain high-intensity sprinting is tested across fatigue. Six maximal efforts are performed, and the distance for each sprint is fixed (traditionally about 35 meters). This standardization is important because it ensures all athletes are tested under the same conditions, making results comparable. The distance is not adjusted for weight, sport, or age, which helps isolate anaerobic sprint capacity and fatigue rather than differences in distance. So, you're looking at six max efforts over a fixed distance, with the test designed to gauge how well and how long you can maintain maximal sprint effort.

6. Which EXOS pillar focuses on Movement?

A. Mindset

B. Nutrition

C. Movement

D. Recovery

In EXOS, the pillar dedicated to Movement is all about how we move. It focuses on movement mechanics, technique, mobility, and the actual training patterns we practice to move efficiently, safely, and with power. It covers building good form, addressing movement limitations, and designing exercises that improve strength and performance through proper movement patterns. The other pillars address Mindset (mental approach and motivation), Nutrition (fuel and hydration), and Recovery (rest, sleep, and tissue repair). So when the question asks which pillar focuses on Movement, it's pointing to the pillar that tunes and improves how the body moves through training.

7. Which benefit best describes minimizing energy leaks during plyometric movements?

A. Improved ability to transfer force with minimal energy loss

B. Increased energy waste

C. Longer recovery times

D. Lower neuromuscular efficiency

In plyometric movements, the key benefit comes from making the stretch-shortening cycle as efficient as possible. When you drop into a rapid eccentric action, your muscles and tendons store elastic energy. That energy should be released quickly and fully during the subsequent concentric phase to propel you upward or forward. Minimizing energy leaks means reducing wasted movements or forces—like soft landings, braking actions, or unnecessary joint motion—so more of that stored energy and impulse is converted into productive, propulsive force. The result is a cleaner transfer of force with less energy lost, leading to improved performance and efficiency. When energy leaks are present, energy is dissipated as heat or used to slow you down rather than power your movement, which is why the other scenarios describe drawbacks rather than benefits: energy waste increases inefficiency, longer recovery times can accompany inefficient mechanics, and lower neuromuscular efficiency would hinder rapid, powerful force production.

8. Augmented Feedback types include:

A. Internal cues

B. Knowledge of results and knowledge of performance

C. External cues

D. Movement characteristics

Augmented feedback is information about performance that comes from an outside source, added to what the learner already senses. The best-known pair of augmented-feedback types is knowledge of results and knowledge of performance. Knowledge of results tells you the outcome—whether the goal was achieved or how close you were to it. Knowledge of performance gives information about the quality of the movement itself—how you performed the action, such as timing, form, or coordination. This distinction helps learners adjust not only the end result but also the way they move to reach that result. Internal cues come from the performer's own senses, not from an external source, so they're not categorized as augmented feedback. External cues and movement characteristics describe other aspects, but they aren't the standard labels for augmented-feedback types.

9. Types of Verbal Instruction includes which pairing?

A. Internal cueing

B. Internal cueing and external cueing

C. Visual cueing

D. Auditory cueing

Verbal instruction is most effective when you consider where the learner's attention is directed during a movement. Internal cueing focuses on the performer's body and mechanics, like telling someone to rotate the hips or keep the elbow tucked. External cueing directs attention to the result or effect of the movement in the environment, such as pushing the ground away or aiming for a target. Using both internal and external cues in verbal instruction captures the full range of guidance you can give, which is why that pairing is the best choice. Visual or auditory cueing describe how cues are delivered rather than where the focus goes, so they don't represent the combination the question is asking for.

10. Ways of Visual Instruction can involve:

A. Watch an expert

B. Watch an expert, novice, or both

C. Listen to verbal instructions only

D. Perform without demonstration

Visual instruction relies on learning by watching demonstrations. It can involve watching an expert, a novice, or both, because each provides different instructional value. An expert shows correct technique and mastery to aim for; a novice can reveal common beginner mistakes to anticipate and avoid; seeing both together helps learners understand progression and what to improve at each stage. Listening to verbal instructions only lacks the visual modeling, and performing without demonstration misses the demonstration reference entirely. Therefore, watching an expert, a novice, or both best fits visual instruction.

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://exosxps.examzify.com

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