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Practice Questions

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1. Which phase of cardiorespiratory training challenges the phosphagen system and is typically only entered into for clients with sport specific training goals?

- A. Aerobic-base Training
- B. Anaerobic-endurance Training
- C. Aerobic-efficiency Training
- D. Anaerobic-power Training

2. Which type of lever has the resistance between the effort force and the axis of rotation with the force arm greater than the resistance arm?

- A. First-class lever
- B. Third-class lever
- C. Second-class lever
- D. Axis lever

3. Which rule for progression in a resistance training program can be considered a gold standard?

- A. The five by five rule
- B. The volume rule
- C. The ACE rule
- D. The two for two rule

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4. When training individuals with arthritis, exercises should be:

- A. cardiovascular exercises only
- B. higher intensity, single modality exercises formats
- C. multiple sessions or a circuit format, using the treadmill, elliptical trainer or arm and leg cycles
- D. none of the above



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5. Providing individual nutrition assessments, meal plans or recommendations for nutrition therapy should be:

- A. a part of personal training
- B. sent to their physician
- C. left to a RD
- D. referred to management

6. Walking on a treadmill with handrail support is a good mode of exercise for those with:

- A. none of the above
- B. feet problems
- C. hand issues
- D. osteoporosis

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7. Which of the following facts is not true about skeletal muscles?

- A. They usually operate together with other muscles in functional groups.
- B. They account for 36-45% of total body weight.
- C. They can be stretched to up to 250% of their resting length.
- D. Skeletal muscle is the most plentiful tissue type in the body.

8. Most doctors are prescribing exercise regimens for their patients to fight:

- A. Obesity, high blood pressure and diabetes
- B. Extensive headaches
- C. Feeling sleepy
- D. Decreased cardiac output

9. You have been working with Judy for 1 month now. Her initial goals were to gain strength in her lower body and you have been working on body weight squats and lunges. She can perform 3 sets of 15 squats without a struggle. What is the best course of action to continue to increase her lower body strength significantly?

- A. Continue with the program as it is.
- B. Discontinue the squats and lunges until she finds them difficult again.
- C. Increase the number of squats to 20 repetitions per set.
- D. Add resistance to her squats and lunges.



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10. What is the correct name for the type of nerves that excite organ systems, such as the digestive system or the circulatory system?

- A. Afferent
- B. Central
- C. Autonomic
- D. Somatic

11. Proper use of stability balls allows for`<code>`_____`</code>`.

- A. standing exercises
- B. none of the above
- C. increases in strength and stability of the core muscles when used in place of a bench, chair or floor.
- D. use without a personal trainer for first time users

12. When a muscle shortens to move a weight, the isotonic contraction is known as`<code>`_____`</code>`.

- A. concentric
- B. eccentric
- C. tensive
- D. isometric

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13. When performing a Static Postural Assessment on your client, you determine that your client has a slight posterior pelvic tilt. This means that the line of symmetry is`<code>`_____`</code>`.

- A. Tilted to one side of the body
- B. Neutral
- C. Tilted Posteriorly
- D. Tilted Anteriorly



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14. Zone 1 for Target Heart Rate is known as the `_____` zone.

- A. peak zone
- B. none of the above
- C. aerobic endurance
- D. recovery

15. Dan is a new client whom you are meeting with for the first time today. He will most likely be evaluating you as a trainer through both your verbal and non-verbal communication. What stage of the client-trainer relationship are you in with Dan?

- A. Planning Stage
- B. Investigation Stage
- C. Rapport Stage
- D. Action Stage

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16. The American Heart Association defines obesity as

- A. insulin resistance
- B. a waist size greater than 35 inches in women
- C. a waist size greater than 40 inches in men
- D. A and B

17. Before performing an exercise test on your client, you must first identify any indications or contraindications when determining any risk factors. Indications are best defined as:

- A. Symptomatic severe aortic stenosis
- B. Acute myocardial infarction
- C. Withholding of certain medical treatments
- D. A valid reason to use certain tests, medications or procedures

18. When checking a client's heart rate, what is a commonly palpated site?

- A. Femoral artery
- B. Tibial artery
- C. Carotid artery
- D. Jugular vein



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19. What are the correct units of measurement for calculating body mass index (BMI)?

- A. Height (m)/Weight (kg)
- B. Weight (IB./Height (in)
- C. Weight (kg)/Height (m)
- D. Height (in)/Weight (IB.

20. On whom should you use an Automated External Defibrillator (AED)?

- A. A client who is unconscious and breathing shallowly.
- B. A member who is barely conscious and complaining of chest pain.
- C. A member who is unconscious and not breathing but has a pulse.
- D. A member who is unconscious, not breathing and doesn't have a palpable pulse.

21. Your client is recovering from elbow tendinitis and has been cleared for exercise. Which of the following should be incorporated into the exercise programming?

- A. High repetition exercises
- B. Avoid all upper body exercises
- C. Low repetition exercises
- D. Full extension on each exercise

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22. If a client asks you a question that you are not familiar with, your credibility actually improves when you:

- A. none of the above
- B. admit that you do not know the correct answer but will find out and get the right information
- C. move on to the next exercise
- D. answer the question immediately and without hesitation by making something up

23. The Karvonen formula helps determine<code>_____</code>.

- A. VO2 max
- B. a resistance training program
- C. cardiovascular training schedule
- D. an individual's heart rate zone



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24. You should stop your client from doing push-ups when:

- A. A and B
- B. strain forcibly and cannot continue the exercise
- C. there is no need to stop the person from doing push-ups
- D. they cannot maintain good form on 2 consecutive repetitions

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25. Which of the following should be easily accessible in your facility at all times?

- A. An EMT
- B. An AED
- C. A food station
- D. A physical therapist

26. A 23 year old female client wants to begin a resistance training program with you to optimize her health and wellbeing, while building muscle. Which intensity prescription should you focus on?

- A. 30-50% 1RM
- B. 50-60% 1RM
- C. 60-70% 1RM
- D. 70-80% 1RM

27. When training a client with scapular protraction, which exercises should be avoided until the postural misalignment has been corrected to prevent further aggravation of the misalignment?

- A. Chest Press
- B. Row
- C. Lat Pull Down
- D. Back extension

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28. When giving feedback to a client while training them, which of the following sounds better?

- A. "Make sure your back is straight - not hunched over."
- B. "Straighten your back - now!"
- C. "Correct your posture - do it now"
- D. "Watch your back. Is it straight?"

29. Which muscular imbalances are related to tightness of the biceps brachii?

- A. Neither kyphosis or lordosis
- B. Kyphosis
- C. Lordosis
- D. Both kyphosis and lordosis

30. Reinforcement Management provides a reward for good behavior that reinforces that good behavior. An example of this would be:

- A. offering specific praise verbally when a client shows improvement in form
- B. none of the above
- C. when a client is engaged in something active
- D. cutting out sugar from a client's diet



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Answer Key & Explanations

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1. D — Anaerobic-power Training

Anaerobic-power training overloads the fast glycolytic system and challenges the phosphagen system with high intensity intervals, which are typically sport specific.

2. C — Second-class lever

A second-class lever has the resistance between the effort force and the axis of rotation with the force arm greater than the resistance arm. An example is the way a wheel barrow is configured.

3. D — The two for two rule

The two for two rule is the only real rule in this list. It is a standard for progression in programming. If an individual can perform 2 reps more than prescribed for an exercise 2 training sessions in a row, then they can increase the load used on the subsequent training day.

4. C — multiple sessions or a circuit format, using the treadmill, elliptical trainer or arm and leg cycles

Duration of exercise should be an accumulated 30 minutes followed by an intermittent or circuit format, 3-5 days per week.

5. C — left to a RD

It is important to know the relationship between nutrition, fitness and weight control, however prescribing individual nutrition plans should be left to the RD.

6. D — osteoporosis

The frequency of walking on the treadmill for those with osteoporosis is 2-5 days per week.

7. C — They can be stretched to up to 250% of their resting length.

All these facts are true about skeletal muscles except for C. Skeletal muscles can only be stretched up to 150% of their resting length, not up to 250%. There are over 600 different skeletal muscles in the body and they work in pairs and groups to perform movement.

8. A — Obesity, high blood pressure and diabetes

Regular exercise helps maintain a healthy weight and reduces stress in people. No doubt, you will receive comments and see amazing changes in your clients after training them for just a few short weeks.

9. D — Add resistance to her squats and lunges.

Adding resistance is the next step in strength increase. This will produce significant results in lower body strength as opposed to increasing repetitions.

10. C — Autonomic

Autonomic nerves excite the organ systems, such as digestive and circulatory. These effects are involuntary and are not consciously controlled. Somatic nerves are those that innervate the skeletal muscles and are voluntarily controlled.



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11. C — increases in strength and stability of the core muscles when used in place of a bench, chair or floor.

Stability balls should be inspected first for any damage, tears or worn spots. Plus, it should be fully inflated.

12. A — concentric

For example, when lifting a dumbbell in a bicep curl, the upward motion is when the brachialis and the biceps branch shorten as the forearm is pulled up with the weight.

13. C — Tilted Posteriorly

With a posterior pelvic tilt, the line of symmetry is tilted posteriorly, creating a posterior tilt.

14. D — recovery

In Zone 1, an individual's target heart rate should be at 40-65% of his or her maximum heart rate.

15. C — Rapport Stage

When you are first meeting a client and verbal and non-verbal communication are extremely important to consider, you are in the rapport stage.

16. D — A and B

Be aware of this when taking your client's measurements as they may be at risk for various health issues.

17. D — A valid reason to use certain tests, medications or procedures

Determining any risk factors is important so that you do not place your client in an unsafe environment. You must identify these risk factors before performing an exercise test.

18. C — Carotid artery

The pulse can only be felt on arteries, and the most common sites are the carotid artery in the neck and the radial artery on the thumb side of the inside of the wrist.

19. C — Weight (kg)/Height (m)

BMI is a ratio of weight to height, or weight/height. You must make sure to first convert height to meters and weight to kilograms.

20. D — A member who is unconscious, not breathing and doesn't have a palpable pulse.

An AED should only be used if the person is unconscious, not breathing and has no palpable pulse.

21. C — Low repetition exercises

As the client recovers from elbow tendinitis, they should not perform any high repetition work around the elbow or wrist. The client should start with low weight and repetitions.

22. B — admit that you do not know the correct answer but will find out and get the right information

Referring a client to a qualified professional such as a nutritionist or therapist may be necessary. It will still make you look totally professional.

23. D — an individual's heart rate zone

The formula involves the maximum heart rate and the resting heart rate for an individual.

24. A — A and B

The person's back should be flat at all times with the head in line with the spine. The push-up must be performed to a straight-arm position for each repetition. If the person cannot maintain good form when performing push-ups, upper body strength may need improvement through weight training. Another option, in



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place of push-ups, is performing and holding the plank position.

25. B — An AED

An automated external defibrillator (AED) should always be accessible during any personal training session in case an acute cardiac event occurs. Because all ACE certified personal trainers are required to be certified in first aid, CPR, and AED, there should always be a trained individual able to operate the AED if a cardiac event were ever to occur. Having an EMT or physical therapist nearby at all times is unrealistic, and a food station is unnecessary.

26. D — 70-80% 1RM

According to prescription guidelines, this is the ideal range for this type of client to build muscle and is the best of the options listed. The client being female does not impact prescription recommendations.

27. A — Chest Press

Scapular protraction occurs when the serratus anterior and synergistic muscles are tight and muscles of the upper back are weak. Chest press is an exercise that strengthens the serratus anterior and should be avoided to prevent increased tightness in the muscles causing the imbalance.

28. D — "Watch your back. Is it straight?"

Asking them if their back is straight, removes your own control from the situation. Using direct commands should be reserved for a later time when you have established a rapport with your client.

29. A — Neither kyphosis or lordosis

Kyphosis and lordosis both relate to anterior and posterior curvatures of the spine. The biceps brachii does not have a role in spinal stabilization.

30. A — offering specific praise verbally when a client shows improvement in form

Reinforcement is important when a client is still progressing through the initial stages of change by using immediate forms of reinforcement.



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