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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q27-Q32):

NEW QUESTION # 27

The primary function of the respiratory system is

- A. Maintaining fluid volume to prevent dehydration
- B. Facilitating the exchange of oxygen and carbon dioxide
- C. Delivering nutrients to tissues in the body
- D. Regulating the body's pH level

Answer: A

Explanation:

The respiratory system involves the lungs and is where the exchange of oxygen for carbon dioxide occurs. The cardiovascular system, which involves the heart and blood vessels, is responsible for delivering oxygen and nutrients to all tissues in the body, regulating the body's pH level to prevent acidosis or alkalosis, and maintaining fluid volume to prevent dehydration.

NEW QUESTION # 28

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "Can you tell me about your daily routine?"
- B. "How would you like this work to help you?"
- C. "Do you think you have clinical depression?"
- D. **problems do you have?"**

Answer: D

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

NEW QUESTION # 29

A number of atherosclerotic cardiovascular disease risk factors exist. A client who has which of the following would be considered to have a positive risk factor for hypertension?

- A. Having taken an antihypertensive medication in the past
- B. Systolic blood pressure 140 mm Hg and diastolic blood pressure 2 100 mm Hg on one occasion
- C. **Systolic blood pressure 140 mm Hg on two separate occasions**
- D. Diastolic blood pressure 275 mm Hg on two separate occasions

Answer: C

Explanation:

Hypertension is defined by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure as a systolic blood pressure of 140 mm Hg and a diastolic blood pressure of 2 90 mm Hg on separate occasions. In addition, current use of an antihypertensive medication is considered to be a positive risk factor for hypertension.

NEW QUESTION # 30

Your client is in the maintenance stage of behavior and is exercising regularly. One day she cancels her appointments with you, claiming she has too much to do at work. If she abandons her exercise routine completely, it is called a

- A. relapse
- B. self-challenge
- C. **self-change**
- D. lapse

Answer: C

Explanation:

A relapse is when a person stops their positive behavior and, as a result, loses the positive benefits he or she had gained. Many conditions can lead to relapse: work pressures, boredom, and increased travel are only a few. Although similar, a lapse is a temporary stop in positive behavior. Had this client returned after a week or two, her exercise routine would have lapsed, but she would have likely maintained or quickly regained the positive benefits.

NEW QUESTION # 31

Active listening, building rapport, and showing understanding of a client's situation are all components of

- A. Extrinsic motivation
- B. Nonverbal communication
- C. Client-centered techniques
- D. **Intrinsic motivation**

Answer: D

Explanation:

Client-centered techniques include asking open-ended questions, listening actively, and frequently clarifying what the client says. These can all contribute to building rapport and a strong relationship with a client. Nonverbal communication is that which is expressed and received via nonverbal cues, such as facial expressions, gestures, and the presence or absence of eye contact. Intrinsic motivation is the motivation for change that comes from within. For example, a person may want to lose weight to feel proud or to feel like he can achieve a goal. When people are extrinsically motivated, they are motivated to achieve a goal because of an external factor. For example, someone might want to lose weight to fit into a wedding dress.

NEW QUESTION # 32

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