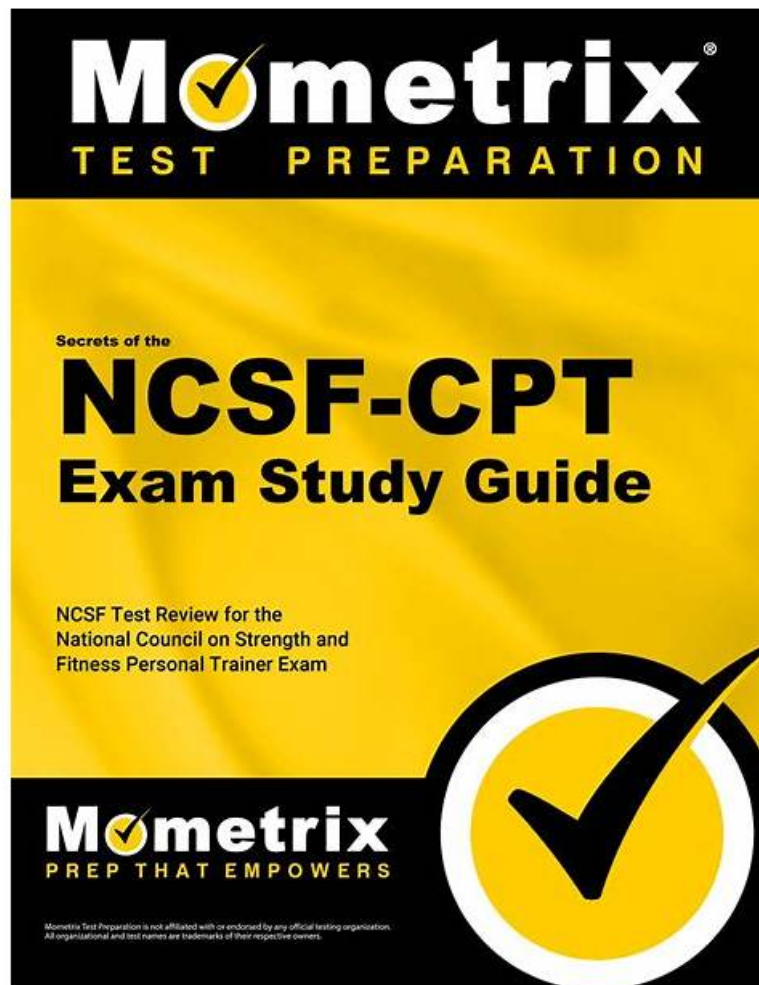


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q48-Q53):

NEW QUESTION # 48

The hip joint is what type of joint?

- A. Hinge joint
- B. Pivot joint
- C. Cartilaginous joint
- **D. Ball-and-socket joint**

Answer: D

Explanation:

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.

NEW QUESTION # 49

The primary function of the respiratory system is

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

Answer: B

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 # 50

For average groups of people represented below, which order represents the lowest resting heart rate to the highest resting heart rate?

- A. Elderly individuals, women, men, children
- **B. Children, women, elderly individuals, men**
- C. Men, women, children, elderly individuals
- D. Elderly individuals, men, women, children

Answer: B

Explanation:

Heart rate is the number of times that the heart beats per minute and can be measured by taking a pulse. Average people have a resting heart rate of 60 to 80 beats per minute (bpm). The elderly have a lower resting heart rate than adult men and women. Men have a resting heart rate that is about 10 bpm lower than that of adult women. Children have resting heart rates that are higher than those of adults. When comparing fit to unfit individuals, fit individuals have a lower resting heart rate.

NEW QUESTION # 51

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. problems do you have?"**

- C. "How would you like this work to help you?"
- D. "Do you think you have clinical depression?"

Answer: B

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 # 52

Which of the following conditions is an absolute contraindication for exercising during pregnancy?

- A. Ruptured membranes
- B. Heavy smoker
- **C. Poorly controlled hypertension**
- D. Poorly controlled seizure disorder

Answer: C

Explanation:

Recent research supports a role for exercise programs during pregnancy. Goals of this type of program can include reducing low back pain and decreasing the risk for developing gestational diabetes. However, there do exist a number of absolute contraindications. Some of these include ruptured membranes, placenta previa after 26 weeks of gestation, premature labor, preeclampsia, and high-risk multiple gestation pregnancies. In contrast, relative contraindications include the individual being a heavy smoker, having poorly controlled diabetes or seizures, or having poorly controlled hypertension or hyperthyroid disease.

NEW QUESTION # 53

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