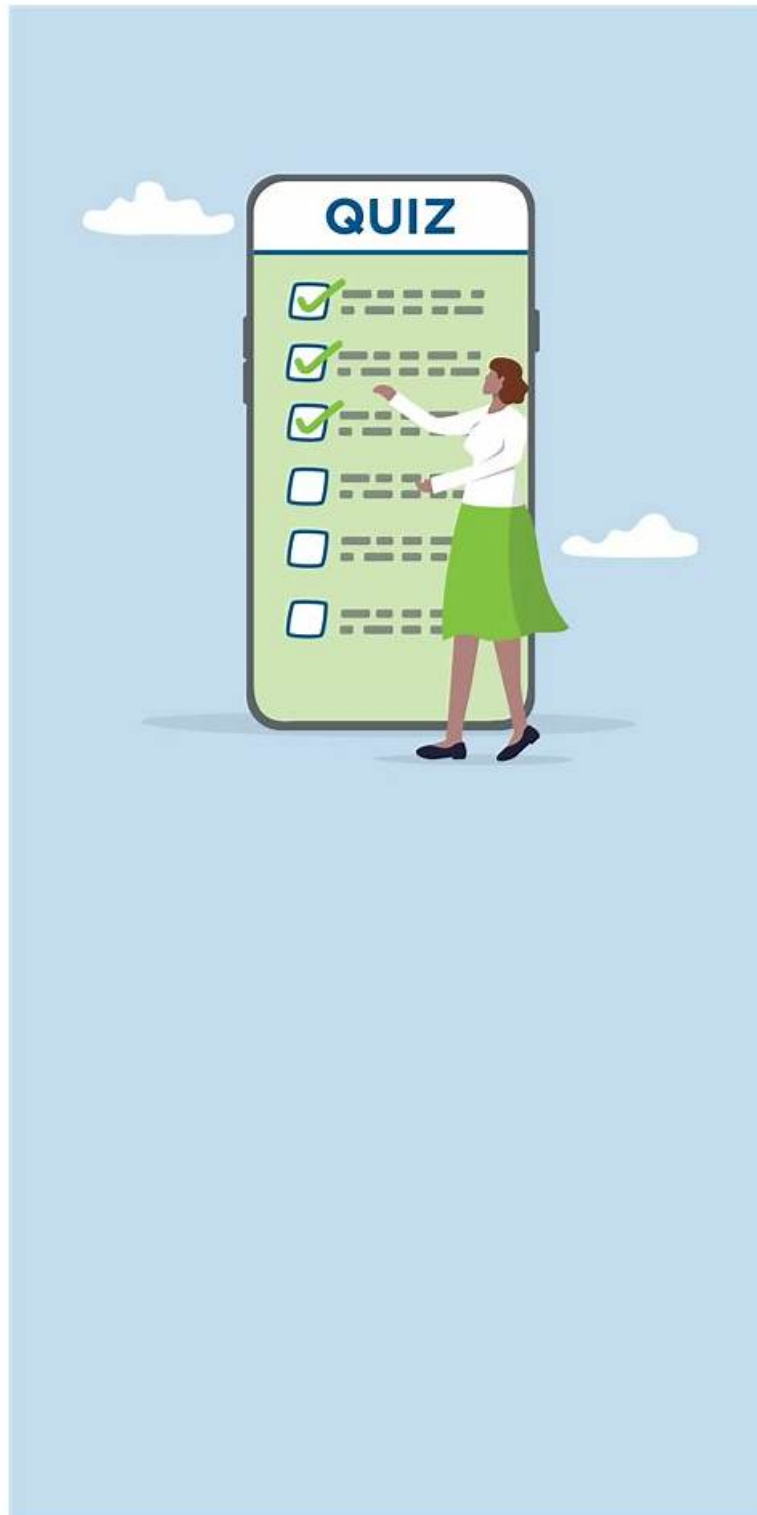


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q43-Q48):

NEW QUESTION # 43

Leg raises are an example of

- A. Knee flexion
- **B. Hip flexion**
- C. Hip extension
- D. Hip abduction

Answer: B

Explanation:

Leg raises are one type of exercise that works the hip flexor muscles. These muscles include the iliopsoas, rectus femoris, sartorius, and pectineus. Exercises for hip extension include squats or leg presses. Hip extensor muscles are the hamstrings and the gluteus maximus. Hip abduction exercises can be done with an exercise machine. Muscles involved with hip abduction include the tensor fascia latae, sartorius, and gluteus minimus and medius. Leg curl exercises involve knee flexion. Muscles involved with flexion of the knee are the hamstrings, gracilis, and popliteus.

NEW QUESTION # 44

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- **A. Generative moments**
- B. Change talk
- C. Motivational interviewing
- D. Appreciative inquiry

Answer: A

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

NEW QUESTION # 45

The body recruits type I muscle fibers for activities of

- A. short duration and high intensity
- B. none of the above
- C. long duration and low intensity
- D. long duration and high intensity

Answer: C

Explanation:

The body has two types of muscle fibers: type I and type II. Together, these muscle fibers can do all types of tasks. However, the body recruits each type during different activities or specific times of an activity, depending on the type and duration of motion required. Type I muscle fibers, also called slow-twitch fibers, are used for activities of long duration and low intensity, such as those involving endurance. In contrast, type II muscle fibers are employed for high-speed, high- power tasks. These muscle fibers are capable of generating force more quickly than type I muscle fibers.

NEW QUESTION # 46

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

Answer: D

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 # 47

The joint movement that results in an increase of the joint angle is called

- A. Adduction
- B. Extension
- C. Abduction
- D. Flexion

Answer: B

Explanation:

When a joint is extended, the angle of the joint is increased. Flexion is the opposite of extension, and causes the joint angle to decrease. Abduction refers to movement that is directed away from the midline of the body. The opposite of abduction is adduction. Adduction describes movements that are made toward the midline of the body.

NEW QUESTION # 48

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