

NETA_2 New Exam Braindumps - NETA_2 Vce File

Neta practice exam – 2 with complete solutions

A new member participates in a low-impact aerobics class including 40 minutes of continuous activity. Using information from the Compendium of Physical Activities, what is the estimated number of MET-minutes completed during this class? - Answer- 200

Based on absolute intensity, which of the following activities is classified as a vigorous-intensity physical activity? - Answer- Walking at an average speed of 3.5 mph at 7% grade.

Performing 6 x 400 meter sprints on an Olympic track with 45 seconds of active recovery between sprints provides the training stimulus to increase the participant's anaerobic threshold. Which principle of training is represented by this scenario? - Answer- Principle of Specificity

Which of the following training approaches is most likely to improve muscular strength? - Answer- Resistance training with a workload at 90% of 1-RM for 5 repetitions per set.

In comparison to the physical activity levels self-reported on questionnaires and obtained through surveys, the objective measurements of physical activity from accelerometer data are? - Answer- Significantly lower

Your new female client is 55 years old. Although her lifestyle has been sedentary for many years, she is otherwise in good health with no medical considerations. Her primary goal is to increase her cardiorespiratory endurance. What is the MOST appropriate for this client's initial exercise program? - Answer- Steady state exercise 3-4 days per week, 20 minutes per session, at 65-70%

While walking on a treadmill at 3.8 mph and 4% grade, your client indicates a RPE of 7 on the category-ratio scale. This rating should correspond to an exercise intensity equivalent to _____ of the client's heart rate reserve. - Answer- 60% to 89%

Calculate the target heart rate at 80% of heart rate reserve for a 28-yr old client with a resting heart rate of 62. - Answer- 166

Microtrauma inflicted upon the skeletal muscle and connective tissue during the _____ phase of resistance training is believed to be a primary factor contributing delayed onset muscle soreness(DOMS). - Answer- Eccentric

Which of the following exercises is considered to be isometric? - Answer- Prone Plank

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NETA Level 2 Certified Assistant Electrical Testing Specialist Sample Questions (Q71-Q76):

NEW QUESTION # 71

Which instrument is used to locate a fault in a 15 kV underground cable?

- A. Power quality analyzer
- B. Clamp-on ammeter
- C. Megohmmeter
- D. Time-domain reflectometer

Answer: D

Explanation:

A time-domain reflectometer (TDR) locates faults by measuring reflected signals caused by impedance discontinuities. NETA Level 2 technicians must recognize proper tools for underground cable diagnostics.

NEW QUESTION # 72

Electromotive force (EMF) is measured in:

- A. Volts
- B. Watts
- C. Amperes
- D. Ohms

Answer: A

Explanation:

Electromotive force represents electrical potential difference and is measured in volts. NETA Level 2 technicians encounter EMF when evaluating generators, transformers, batteries, and induced voltages during testing and commissioning activities.

NEW QUESTION # 73

Electrical equipment working space must have at least two entrances of sufficient area to permit access.

- A. False
- B. True
- C. True only above 600 V
- D. False unless the room is classified as a confined space

Answer: B

Explanation:

Working space and egress requirements exist to ensure personnel can quickly exit an area in the event of an arc flash, fire, or other emergency. Codes and safety practices commonly require two means of egress (two entrances) when certain conditions are met, particularly when large equipment, high fault current, or certain room layouts increase risk and limit escape paths.

From a NETA Level 2 safety standpoint, the practical takeaway is that equipment rooms must not trap workers. Adequate working clearances and egress routes must be verified as part of safe work planning—especially during commissioning where multiple panels may be open, temporary barriers may exist, and contractors may crowd the space.

While the exact conditions and thresholds can vary by NEC article and equipment rating, the concept tested here matches the flashcard: providing at least two entrances is considered a compliant requirement for safe access to electrical equipment working space in the relevant scenario context.

NEW QUESTION # 74

Underground service conductors between the service equipment terminals and the service lateral are referred to as:

- A. Branch conductors
- **B. Service point conductors**
- C. Service entrance conductors
- D. Feeder conductors

Answer: B

Explanation:

Service point conductors connect the utility service lateral to the service equipment terminals. Understanding conductor classification is important during inspection, testing, and verification of grounding and bonding systems. NETA Level 2 technicians must correctly identify conductor types to apply appropriate testing and safety requirements.

NEW QUESTION # 75

Each switchboard used as service equipment must be provided with a main bonding jumper.

- A. False
- **B. True**
- C. Only when a generator is present
- D. Only for systems above 600 V

Answer: B

Explanation:

A main bonding jumper is required to connect the grounded conductor (neutral) to the equipment grounding conductor at the service disconnect. This establishes a low-impedance fault return path necessary for overcurrent devices to operate promptly. NETA Level 2 technicians must verify proper bonding during acceptance and maintenance inspections because improper bonding can lead to elevated touch potentials and ineffective fault clearing.

NEW QUESTION # 76

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