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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 (Q54-Q59):

NEW QUESTION # 54

A transformer contains insulating fluid with a specific gravity greater than 1. From where should the oil sample be drawn?

- A. From the conservator
- B. From the middle of the tank
- C. From the top of the tank
- D. From the bottom of the tank

Answer: C

Explanation:

Specific gravity greater than 1 means the insulating fluid is heavier than water. Any free water contamination will settle below the oil. To avoid collecting settled contaminants and to obtain a representative oil sample, NETA practice requires sampling from the top of the tank.

Correct sampling technique is critical for accurate dielectric, moisture, and dissolved gas analysis results.

NETA Level 2 technicians must understand fluid properties to avoid misleading test conclusions.

NEW QUESTION # 55

When measuring voltage using a multirange voltmeter, which range should be selected first?

- A. The expected nominal range
- B. The mid-scale range
- C. The lowest range
- D. The highest range

Answer: D

Explanation:

Best practice dictates starting on the highest voltage range to protect the instrument and the user from unexpected overvoltage conditions. Once the approximate voltage is known, the range can be reduced to improve measurement resolution. This practice is fundamental to safe testing and is expected knowledge for NETA Level 2 technicians working around energized systems.

NEW QUESTION # 56

You arrive to perform acceptance testing on a newly installed indoor 15 kV switchgear lineup. Covers are removed and conductors are exposed with taped ends. What is the correct initial action?

- A. Assume the equipment is safe since it is new
- B. Proceed with visual inspection only
- C. Begin insulation resistance testing
- D. Verify the source is de-energized and apply lockout

Answer: D

Explanation:

Before any testing or inspection begins, NETA safety practices require verification of an electrically safe work condition. Even newly installed equipment may be energized unintentionally or improperly isolated.

Exposed conductors increase the risk of shock and arc flash.

The correct action is to visually confirm that all sources of power have been de-energized, followed by proper lockout/tagout procedures. This ensures no unexpected energization can occur during testing activities.

NETA Level 2 technicians must never assume equipment is safe based on installation status. Safety verification always precedes inspection, testing, or commissioning work.

NEW QUESTION # 57

According to NETA-ATS, which test decal color should be applied to equipment that has a minor deficiency that does not affect protective function?

- A. Orange
- **B. Yellow**
- C. Red
- D. Green

Answer: B

Explanation:

NETA-ATS defines a standardized test decal system to communicate equipment condition following testing.

A yellow decal indicates that testing has been performed and that minor deficiencies exist, but these deficiencies do not impair the protective device's ability to detect or clear faults.

Green indicates satisfactory condition, while red indicates equipment is not suitable for service. Yellow provides a visual warning that corrective action should be scheduled but immediate removal from service is not required.

NETA Level 2 technicians must correctly apply decals to ensure accurate communication of equipment status to owners, operators, and maintenance personnel.

NEW QUESTION # 58

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

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

Answer: C

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 # 59

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