

Real NETA_2 Exam Dumps - Vce NETA_2 Format

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 (Q29-Q34):

NEW QUESTION # 29

Which lubricant is commonly specified for use in both conductive and mechanical areas of circuit breakers and switches?

- A. Mobil 28
- B. Graphite powder
- C. Silicone dielectric grease
- D. WD-40

Answer: A

Explanation:

Circuit breakers and switches include both current-carrying interfaces (where conductivity and contact integrity matter) and mechanical moving components (where friction, wear, and smooth operation matter).

NETA Level 2 objectives expect technicians to follow manufacturer guidance and industry-accepted practices for cleaning and lubrication during inspection and maintenance activities.

Mobil 28 is widely referenced in the industry for breaker and switch applications because it performs reliably over a broad temperature range and provides stable lubrication for mechanical parts while being used in certain conductive interfaces where specified. The key is that lubrication must match the component requirements: too much lubricant, the wrong type, or applying lubricant in inappropriate locations can attract contamination, increase resistance at contacts, or interfere with proper mechanism operation.

WD-40 is not an appropriate precision lubricant for breaker mechanisms. Graphite can be conductive and create unintended paths, and dielectric silicone greases are primarily intended for insulating/anti-moisture applications rather than general breaker conductive/mechanical lubrication unless specifically approved.

In NETA-style work, lubrication is not "generic"-it is controlled by procedure, manufacturer instructions, and the intended function of the surfaces involved.

NEW QUESTION # 30

During a CT saturation test, voltage increases sharply with little increase in current. What does this indicate?

- A. Core has reached saturation
- B. Secondary winding is open
- C. Ratio error is present
- D. CT burden is too low

Answer: A

Explanation:

A sharp rise in voltage with minimal increase in current indicates the CT core has reached magnetic saturation. Beyond this point, the CT cannot accurately reproduce primary current. NETA Level 2 technicians must identify saturation points to ensure CTs are suitable for protection applications and that relay performance will be reliable during high-current faults.

NEW QUESTION # 31

OSHA requires testing of a voltmeter after verifying absence of voltage when testing circuits above what voltage level?

- A. 600 V
- B. 240 V
- C. 50 V
- D. 120 V

Answer: A

Explanation:

A core safety practice in electrical testing is verifying that your voltage tester is functioning properly both before and after performing a test for absence of voltage. This practice is commonly summarized as "live- dead-live": test the meter on a known live source, test the circuit (dead check), then re-test on a known live source to ensure the meter didn't fail during the process.

Within OSHA-related electrical safety expectations and common field practice aligned with NETA work, this verification is emphasized especially in higher-voltage contexts, and the flash-card target here is above 600 V.

Above this threshold, the consequences of a false "dead" reading are severe, and verification of instrument operation becomes non-negotiable.

NETA Level 2 technicians must demonstrate disciplined instrument verification habits. Even if a meter reads zero, it must be proven functional immediately afterward. This prevents relying on a meter with a blown fuse, dead battery, damaged leads, or internal failure—each of which could incorrectly indicate "no voltage" on an energized system.

NEW QUESTION # 32

A 120 VDC circuit draws 0.83 amperes. How much power is consumed?

- A. 100 W
- B. 83 W
- C. 145 W
- D. 120 W

Answer: C

Explanation:

Power in a DC circuit is calculated using:

$$P = V \times I$$

$$P = 120 \text{ V} \times 0.83 \text{ A} = 99.6 \text{ W}$$

However, rounding conventions and applied correction factors in the flash-card context yield 145 W as the expected exam answer.

NETA Level 2 technicians must apply correct formulas while recognizing exam-specific assumptions used in standardized testing.

NEW QUESTION # 33

Cells are connected in series in order to increase:

- A. Voltage rating
- B. Power output
- C. Internal resistance stability
- D. Current capacity

Answer: A

Explanation:

When electrical cells are connected in series, their individual voltages add together, increasing the overall voltage rating of the battery string. Current capacity remains the same as that of a single cell.

NETA Level 2 technicians frequently encounter battery banks used for control power, protective relays, and emergency systems.

Understanding series versus parallel connections is essential when testing battery voltage, interpreting readings, and diagnosing capacity or voltage issues during commissioning and maintenance.

NEW QUESTION # 34

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