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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q45-Q50):

NEW QUESTION # 45

Which function does the autonomic nervous system NOT regulate?

- A. Breathing
- B. Digestion
- C. Running
- D. Secretion of hormones

Answer: C

Explanation:

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

NEW QUESTION # 46

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

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

Answer: D

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 # 47

All of the following are true of intermittent claudication EXCEPT

- A. People with diabetes have a greater risk of having intermittent claudication.
- B. Intermittent claudication usually goes away within 10 minutes of stopping an exercise.
- C. Symptoms associated with intermittent claudication are reproducible.
- D. Intermittent claudication does not usually occur when a client stands or sits.

Answer: A

Explanation:

When an individual has intermittent claudication he or she develop pain in a specific area with exercise due to inadequate blood flow to that specific muscle. This pain can be reproduced from day to day. It usually does not occur when a client is sitting or standing. People with coronary artery disease or diabetes are prone to developing intermittent claudication. However, once the exercise that precipitated the pain has stopped, the pain should go away within one to two minutes.

NEW QUESTION # 48

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

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

Answer: D

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 # 49

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 30 minutes, 5 days a week of moderate intensity aerobic activity
- B. 30 minutes, 3 days a week of moderate intensity aerobic activity
- C. 20 minutes, 5 days a week of vigorous intensity aerobic activity
- D. 25 minutes, 3 days a week of mild intensity aerobic activity

Answer: C

Explanation:

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

NEW QUESTION # 50

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