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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 (Q23-Q28):

NEW QUESTION # 23

In ANSI/IEEE device numbering, which device best corresponds to Device 52?

- A. Differential relay
- B. Undervoltage relay
- C. AC circuit breaker
- D. Synchronizing relay

Answer: C

Explanation:

ANSI/IEEE device numbers provide a standardized way to identify protective and control functions in power systems. Device 52 designates an AC circuit breaker. It is one of the most commonly referenced device numbers on one-lines, schematics, relay settings sheets, and commissioning documentation.

NETA Level 2 technicians must be comfortable identifying device numbers because testing tasks frequently reference them. For example, when verifying breaker control circuits, interlocks, trip/close coil operation, auxiliary contacts, or anti-pump circuits, drawings may refer to "52a" and "52b" auxiliary contacts (breaker position contacts). Similarly, protection schemes may call for verifying that a relay output properly operates the 52 trip circuit.

Correct identification reduces errors during functional testing, secondary injection, and commissioning checks. Misinterpreting device numbers can lead to wiring mistakes, incorrect test points, or a failure to validate protective functions. Therefore, recognizing device 52 as the AC breaker is a core competency within Level 2 electrical testing fundamentals and component testing.

NEW QUESTION # 24

Medium-voltage cable, as defined by NEC Article 328, is rated at what minimum voltage?

- A. 600 V
- B. 1000 V
- C. 1001 V
- D. 5000 V

Answer: C

Explanation:

NEC Article 328 defines medium-voltage cable as cable rated 1001 volts or higher, up to 35 kV. This distinction affects installation rules, testing requirements, and safety procedures. NETA Level 2 technicians must correctly classify cable systems to apply appropriate test methods and voltages.

NEW QUESTION # 25

During primary current injection testing of a low-voltage circuit breaker, the breaker trips instantaneously at 8× its long-time pickup setting, even though the instantaneous element is set to 10×. What is the MOST likely cause?

- A. Thermal memory enabled
- B. CT saturation
- C. Improper test lead placement
- D. Incorrect short-time delay setting

Answer: B

Explanation:

CT saturation occurs when the CT core cannot accurately reproduce high fault currents, causing distorted secondary current. This distortion can falsely trigger the instantaneous element at a lower current than expected. NETA Level 2 technicians must recognize CT saturation as a common cause of unexpected trip behavior during primary injection testing, particularly at high multiples of pickup.

NEW QUESTION # 26

When applying personal protective grounds, which connection must be made first?

- A. Neutral conductor end
- B. Phase conductor end
- C. Ground source end
- D. Equipment end

Answer: D

Explanation:

The correct application of personal protective grounds is critical to worker safety and is strongly emphasized in NETA safety practices. When installing grounds, the equipment end must be attached first, ensuring the grounding conductor is securely bonded to earth or an effective ground source before any connection is made to energized or potentially energized conductors.

This sequence minimizes the risk of electric shock. If the phase conductor were connected first and the grounding system was not yet established, the worker could become the path to ground in the event of accidental energization. Once the equipment end is secured, phase conductors can be safely grounded.

When removing grounds, the reverse order is required: phase conductors are disconnected first, and the equipment end is removed last. NETA Level 2 technicians must follow this sequence consistently during maintenance, testing, and commissioning activities to ensure compliance with safety standards and prevent serious injury.

NEW QUESTION # 27

Which portion of a three-phase system carries current through the windings of a transformer or motor?

- A. Line current
- B. Neutral current
- C. Ground current
- D. Phase current

Answer: D

Explanation:

Phase current is the current that flows through each individual winding of a three-phase device such as a transformer or motor.

Understanding the difference between phase current and line current is critical because their magnitudes differ depending on whether the system is configured as wye or delta. NETA Level 2 technicians must correctly identify which current is being measured to avoid misinterpreting test results during commissioning, troubleshooting, and performance verification.

NEW QUESTION # 28

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