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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

A deficiency of which vitamin can lead to difficulty seeing at night and an increased susceptibility to infections?

- A. vitamin B3
- B. vitamin B1
- C. vitamin A
- D. vitamin E

Answer: D

Explanation:

Vitamin A known as retinol, is found in foods such as fish liver oils, butter, and egg yolks. It is critical for red blood cell and embryo development and normal functioning of the eyes, the immune system, and the skin. Vitamin Bt is also called thiamin. A deficiency of

this vitamin can lead to beriberi. Symptoms of beriberi can include cardiovascular problems, peripheral neuropathy, and cognitive and psychiatric problems. Vitamin B₃ is also known as niacin; a deficiency of this vitamin can cause a disease called pellagra. Pellagra can cause a skin rash, gastrointestinal symptoms, or cognitive difficulties. If untreated, it can also lead to death. Vitamin E is an antioxidant that augments the immune system. It can help prevent cell membranes from being destroyed by harmful free radicals.

NEW QUESTION # 20

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

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

Answer: C

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 # 21

What food information is NOT present on a food label?

- A. amount of caffeine in a serving
- B. amount of cholesterol in a serving
- C. amount of protein in a serving
- D. amount of calories in a serving

Answer: C

Explanation:

Labeling on food packages is helpful in determining a number of characteristics of a food, including the ingredients, serving size, and nutrients present in the food. Food label information is based on a 2,000 calorie diet. It provides the percent daily value for the amount of fats, cholesterol, sodium, potassium, carbohydrates, and protein present in a serving size. While caffeine will be listed as an ingredient if it is present in the food, the specific amount of caffeine will not be listed.

NEW QUESTION # 22

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Radial
- B. Popliteal
- C. Carotid
- D. Brachial

Answer: D

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 23

All of the following can help the client-trainer relationship EXCEPT

- A. Answering a text or phone call during a session

- B. Keeping information between the two of you confidential
- C. Accepting your client for what she is able to do, even if others her age are able to do more
- D. Asking your client about his week

Answer: C

Explanation:

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

NEW QUESTION # 24

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