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Identify the 6 components of comprehensive wellness. - ANSWER-a. physical health ; b. mental health , c.emotional health , d. intellectual health , e. social health , f. environmental health

Fill in the following table concerning the relationship between unhealthy behaviors and disease using examples from the lesson. - ANSWER-Common contributors to poor healthCommon health disorders and diseasesphysical inactivityhypertensioninadequate sleephyperlipidemiachronic stressatherosclerosisdiabetesobesityCOPDtobacco usecanceralcohol consumptiondepressionpoor emotional healthstrokesystemic inflammationCommon contributors to poor healthCommon health disorders and diseasesphysical inactivityhypertensioninadequate sleephyperlipidemiachronic stressatherosclerosisdiabetesobesityCOPDtobacco usecanceralcohol consumptiondepressionpoor emotional healthstrokesystemic inflammation

_____ has been estimated to be the 4th leading cause of death worldwide. - ANSWER-Physical inactivity

Describe the three primary principles of exercise.

Principle of overload:

Principle of progression:

Principle of specificity: - ANSWER-a. stress must be applied beyond that which the body is accustomed to promote adaptations

b. once the body has adapted to a level of stress, additional stress is needed to promote further adaptations

c. a desired adaption occurs in response to specific stress placed upon the body; exercises and activities chosen must be matched to reflect the fitness goals

Which of the following concerning cardiorespiratory fitness (CRF) is not correct? - ANSWER-High CRF is linked with a lower risk for breast cancer

Flexibility can have an impact on all of the following, except: - ANSWER-Muscular endurance

The CDC reports nearly _____ of US adults are clinically categorized as obese based on BMI. - ANSWER-35%

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q51-Q56):

NEW QUESTION # 51

Goals that a trainer helps a client set should be all of the following EXCEPT

- A. Action-based
- B. Broadly defined
- C. Measurable
- D. Time-limited

Answer: A

Explanation:

Goals that are most helpful are those that are specific, very well defined, able to be measured, realistic, and have a time constraint on them. The actions a client needs to take should be specifically defined. For example, a goal may be that a client will walk on his treadmill at a pace of 3 mph for 30 minutes on Monday through Friday before going to work.

NEW QUESTION # 52

An example of active listening is

- A. didn't you do this exercise this week?"
- B. "Great job your exercises this week!"
- C. "How did your big project at work turn out?"
- D. "So you are saying that you didn't understand how this exercise was supposed to feel?"

Answer: D

Explanation:

Active listening is a technique that enhances communication. It involves conveying what the client says back to the client, so that the individual feels they are being heard and understood. The client tells you how he or she feels or what he or she thinks, and you repeat or paraphrase it back to the individual. This technique provides the opportunity for clarification in the event that the client actually meant something else. When actively listening, it is helpful to let the other speak without interruption and to maintain eye contact and focus on the client.

NEW QUESTION # 53

An example of a substitution behavioral change that you might suggest to a client is

- A. "If you reach this goal we set up, you can have a reward of your choosing."
- B. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."
- C. "Take the stairs instead of the elevator at work"
- D. "Call your best friend to walk with you every day."

Answer: B

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

NEW QUESTION # 54

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Motivational interviewing
- B. Generative moments
- C. Change talk
- D. Appreciative inquiry

Answer: B

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

NEW QUESTION # 55

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

- A. Asking your client about his week
- B. Answering a text or phone call during a session
- C. Keeping information between the two of you confidential
- D. Accepting your client for what she is able to do, even if others her age are able to do more

Answer: D

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 # 56

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