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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q21-Q26):

NEW QUESTION # 21

Which of the following inhibits a person's joint flexibility?

- A. Having a more physically active lifestyle
- B. **Being a woman**
- C. Having more relaxed muscles
- D. Having cold muscles

Answer: B

Explanation:

A person's flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues

affect an individual's flexibility.

NEW QUESTION # 22

As a prelude to creating a personal training package for a client, a trainer should obtain all of the following EXCEPT

- A. Health history of the client
- B. Approval and signature of a physician
- C. Permission to post the client's photo on the trainer's Web site
- D. **Informed consent from the client**

Answer: D

Explanation:

While you should always obtain permission before posting a photo of a client on a Web site, that is not one of the critical initial pieces of information. If medical clearance is necessary, a signature and recommendations from your client's physician should be obtained. In addition, you will need to know your client's past and present medical and health issues to create an appropriate training plan. You also need informed consent from your client, demonstrating that he or she understands the risk and benefits of undertaking a training program.

NEW QUESTION # 23

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

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

Answer: A

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 B₃ 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 # 24

Which of these muscles is not part of the Rotator cuff?

- A. Supraspinatus
- B. **Teres major**
- C. Infraspinatus
- D. Teres minor

Answer: B

Explanation:

The Supraspinatus is an abductor of the arm. The Infraspinatus and Teres minor are both external rotators. The Subscapularis is the missing muscle of the rotator cuff.

NEW QUESTION # 25

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

- A. Answering a text or phone call during a session
- B. Asking your client about his week

- 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 # 26

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