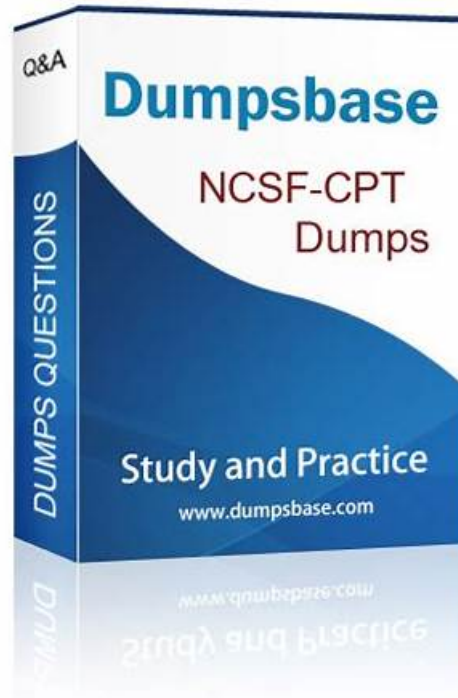


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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q36-Q41):

### NEW QUESTION # 36

A nonathlete who weighs 80 kg would require \_\_\_\_\_ grams per day of protein.

- A. 64 grams
- B. 80 grams
- C. 100 grams
- D. 50 grams

**Answer: A**

Explanation:

The average person's daily requirement for protein is 0.8 g/kg. In other words, multiplying 0.8 by the person's weight in kilograms will give the daily amount of protein in grams needed. For this individual, that would be  $80 \times 0.8 = 64$  grams. Athletes require more protein each day—about 1.2 to 2 g/kg of body weight. If this individual were an athlete, he or she would require between 96 and 160 grams of protein per day. In addition to these specific recommendations, it is also recommended that protein account for about 12 to 15% of the total calories a person eats each day.

### NEW QUESTION # 37

Active listening, building rapport, and showing understanding of a client's situation are all components of

- A. Extrinsic motivation
- B. Client-centered techniques
- C. Nonverbal communication
- D. Intrinsic motivation

**Answer: D**

Explanation:

Client-centered techniques include asking open-ended questions, listening actively, and frequently clarifying what the client says. These can all contribute to building rapport and a strong relationship with a client. Nonverbal communication is that which is expressed and received via nonverbal cues, such as facial expressions, gestures, and the presence or absence of eye contact. Intrinsic motivation is the motivation for change that comes from within. For example, a person may want to lose weight to feel proud or to feel like he can achieve a goal. When people are extrinsically motivated, they are motivated to achieve a goal because of an external factor. For example, someone might want to lose weight to fit into a wedding dress.

### NEW QUESTION # 38

The end of a bone is called the

- A. Endosteum
- B. Diaphysis
- C. Epiphysis
- D. Periosteum

**Answer: C**

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

### NEW QUESTION # 39

Leg raises are an example of

- A. Hip abduction
- B. Hip flexion
- C. Hip extension
- D. Knee flexion

**Answer: B**

Explanation:

Leg raises are one type of exercise that works the hip flexor muscles. These muscles include the iliopsoas, rectus femoris, sartorius, and pectineus. Exercises for hip extension include squats or leg presses. Hip extensor muscles are the hamstrings and the gluteus maximus. Hip abduction exercises can be done with an exercise machine. Muscles involved with hip abduction include the tensor fascia latae, sartorius, and gluteus minimus and medius. Leg curl exercises involve knee flexion. Muscles involved with flexion of the knee are the hamstrings, gracilis, and popliteus.

#### **NEW QUESTION # 40**

Individuals with osteoporosis

- **A. Should not worry about proper breathing techniques**
- B. Are not more likely to develop fractures
- C. Should not do flexibility training exercises
- D. Should avoid twisting or flexing of the spine

**Answer: A**

Explanation:

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program should be taught proper breathing techniques.

#### **NEW QUESTION # 41**

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