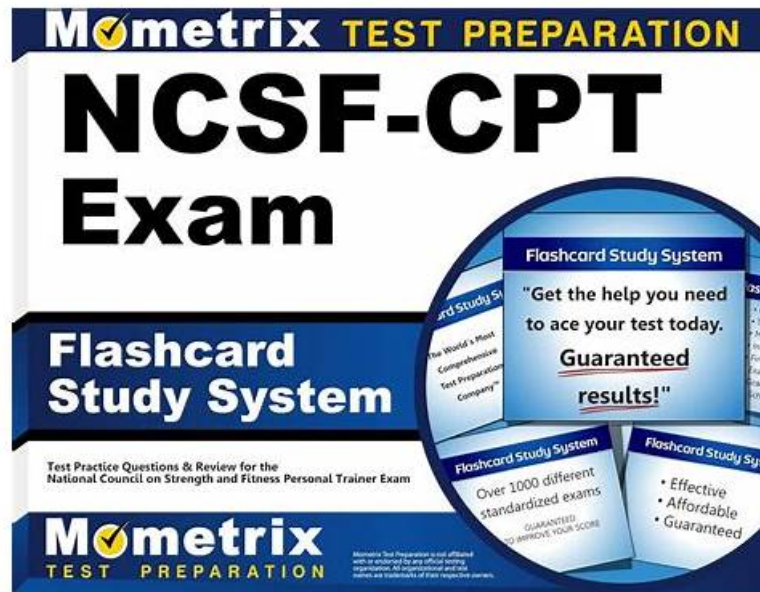


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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q33-Q38):

### NEW QUESTION # 33

For average groups of people represented below, which order represents the lowest resting heart rate to the highest resting heart rate?

- A. Elderly individuals, women, men, children
- B. Men, women, children, elderly individuals
- C. Children, women, elderly individuals, men
- D. Elderly individuals, men, women, children

Answer: C

Explanation:

Heart rate is the number of times that the heart beats per minute and can be measured by taking a pulse. Average people have a resting heart rate of 60 to 80 beats per minute (bpm). The elderly have a lower resting heart rate than adult men and women. Men have a resting heart rate that is about 10 bpm lower than that of adult women. Children have resting heart rates that are higher than those of adults. When comparing fit to unfit individuals, fit individuals have a lower resting heart rate.

#### NEW QUESTION # 34

Individuals with osteoporosis

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

**Answer: C**

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 # 35

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "How would you like this work to help you?"
- B. problems do you have?"
- C. "Can you tell me about your daily routine?"
- D. "Do you think you have clinical depression?"

**Answer: B**

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history—medical and otherwise—so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

#### NEW QUESTION # 36

Which of the following can cause pain in the lumbar area?

- A. Strain of the sternocleidomastoid muscle
- B. Strain of the longissimus thoracis muscle
- C. Strain of the tibialis anterior muscle
- D. Strain of the gastrocnemius muscle

**Answer: D**

Explanation:

The longissimus thoracis muscle is located in the posterior lumbar region. It is part of the erector spinae group. These muscles help maintain posture and provide stability to the spine. Lumbar pain, also called low back pain, is one of the most common causes of disability. About 60 to 80% of the general population will experience it at some point in their lives. Determining the specific cause of lumbar pain may be difficult, but muscle strain, an intervertebral herniated disc, and joint inflammation can all cause lumbar pain. The other muscles are not located in the lumbar region. The sternocleidomastoid muscle is located in the cervical region. Strain to this muscle occurs with "whiplash" injuries. The tibialis anterior muscle is located on the anterior and lateral part of the lower leg. The gastrocnemius muscle is located on the posterior part of the lower leg.

### NEW QUESTION # 37

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 30 minutes, 3 days a week of moderate intensity aerobic activity
- B. 30 minutes, 5 days a week of moderate intensity aerobic activity
- C. 20 minutes, 5 days a week of vigorous intensity aerobic activity
- D. 25 minutes, 3 days a week of mild intensity aerobic activity

**Answer: C**

Explanation:

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

### NEW QUESTION # 38

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