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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q32-Q37):

NEW QUESTION # 32

Benefits of nonlinear periodized training programs include all of the following EXCEPT

- A. Allowing for variation in the workout intensity
- B. Having a "power" training day
- C. Using a progressive increase in the workout intensity
- D. Training both power and strength of muscles within one week

Answer: B

Explanation:

While a linear periodized training program involves having a progressive increase in the workout intensity over the course of a week a nonlinear periodized training program involves variation of intensity over the course of a week A weeklong nonlinear periodized

training program can target both muscle strength and power. A "power" training day involving power sets can also be implemented. This type of program may be more conducive to individuals with scheduling conflicts.

NEW QUESTION # 33

All of the following are benefits of increased flexibility EXCEPT

- A. Improved circulation
- B. Increased chance of muscle injury
- C. Improved coordination
- D. Increased range of motion

Answer: B

Explanation:

Flexibility training has a number of benefits, including increased circulation, increased range of motion, improved muscle coordination, and decreased future chance of muscle injury.

NEW QUESTION # 34

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

- A. Elderly individuals, men, women, children
- B. Men, women, children, elderly individuals
- C. Children, women, elderly individuals, men
- D. Elderly individuals, women, men, 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 # 35

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

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

Answer: D

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 # 36

Your client is in the maintenance stage of behavior and is exercising regularly. One day she cancels her appointments with you, claiming she has too much to do at work. If she abandons her exercise routine completely, it is called a

- A. self-challenge
- B. self-change
- C. lapse

- D. relapse

Answer: B

Explanation:

A relapse is when a person stops their positive behavior and, as a result, loses the positive benefits he or she had gained. Many conditions can lead to relapse: work pressures, boredom, and increased travel are only a few. Although similar, a lapse is a temporary stop in positive behavior. Had this client returned after a week or two, her exercise routine would have lapsed, but she would have likely maintained or quickly regained the positive benefits.

NEW QUESTION # 37

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