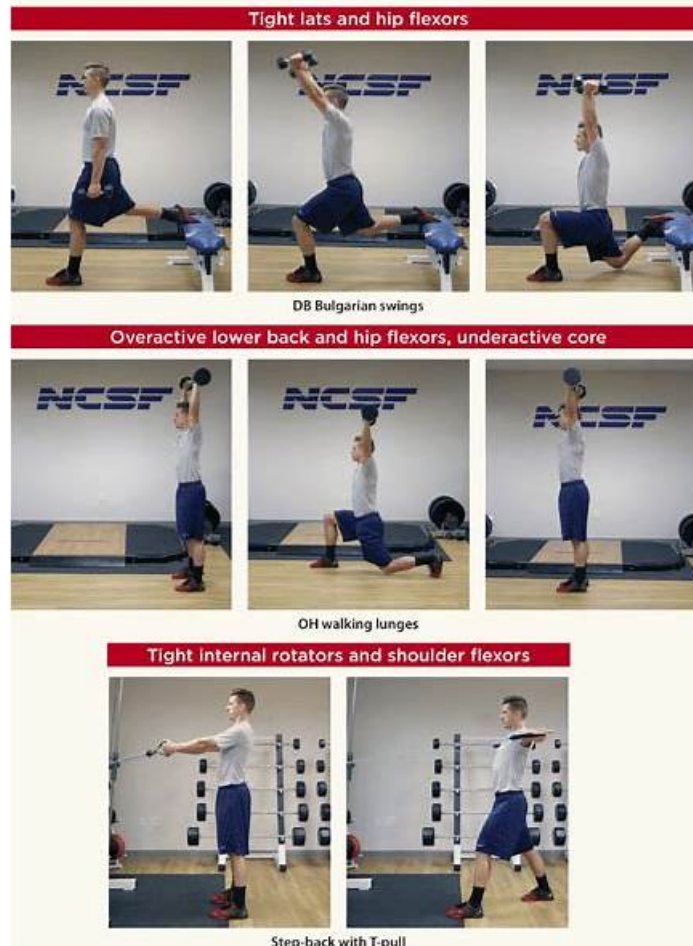


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q44-Q49):

NEW QUESTION # 44

All of the following classes of nutrients provide sources of energy EXCEPT

- A. proteins
- **B. vitamins**
- C. carbohydrates
- D. fats

Answer: B

Explanation:

Carbon is critical for the energy, production process. Proteins, fats, and carbohydrates-which are all sources of carbon-contribute to a number of functions in the body. They help provide energy so that muscles, nerves, and metabolic processes work normally. Energy, is measured in calories (cal) or kilocalories (kcal). When individuals exercise, they can "turn" energy,, more quickly. Vitamins and minerals are critical for providing essential nutrients that the body needs to maintain normal function: however, they are not a source of energy.

NEW QUESTION # 45

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. relapse
- B. lapse
- **C. self-change**
- D. self-challenge

Answer: C

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 # 46

Shortness of breath at rest is called

- A. Syncope
- **B. Dyspnea**
- C. Orthopnea
- D. Ischemia

Answer: B

Explanation:

A client with dyspnea will have shortness of breath while resting or only with mild exertion. It is not normal, and it can be a symptom of cardiac or pulmonary disease. Orthopnea is shortness of breath that occurs when one is lying down. It is relieved by sitting upright or standing. Ischemia occurs when there is a lack of blood flow and oxygen to the heart. This causes pain in the chest or pain that has radiated to the neck or arm. Syncope is a loss of consciousness that usually occurs when the brain does not receive enough oxygen.

NEW QUESTION # 47

Which of the following conditions is an absolute contraindication for exercising during pregnancy?

- A. Poorly controlled hypertension
- B. Ruptured membranes
- C. Heavy smoker
- D. Poorly controlled seizure disorder

Answer: A

Explanation:

Recent research supports a role for exercise programs during pregnancy. Goals of this type of program can include reducing low back pain and decreasing the risk for developing gestational diabetes. However, there do exist a number of absolute contraindications. Some of these include ruptured membranes, placenta previa after 26 weeks of gestation, premature labor, preeclampsia, and high-risk multiple gestation pregnancies. In contrast, relative contraindications include the individual being a heavy smoker, having poorly controlled diabetes or seizures, or having poorly controlled hypertension or hyperthyroid disease.

NEW QUESTION # 48

The primary function of the respiratory system is

- A. Delivering nutrients to tissues in the body
- B. Maintaining fluid volume to prevent dehydration
- C. Facilitating the exchange of oxygen and carbon dioxide
- D. Regulating the body's pH level

Answer: B

Explanation:

The respiratory system involves the lungs and is where the exchange of oxygen for carbon dioxide occurs. The cardiovascular system, which involves the heart and blood vessels, is responsible for delivering oxygen and nutrients to all tissues in the body, regulating the body's pH level to prevent acidosis or alkalosis, and maintaining fluid volume to prevent dehydration.

NEW QUESTION # 49

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