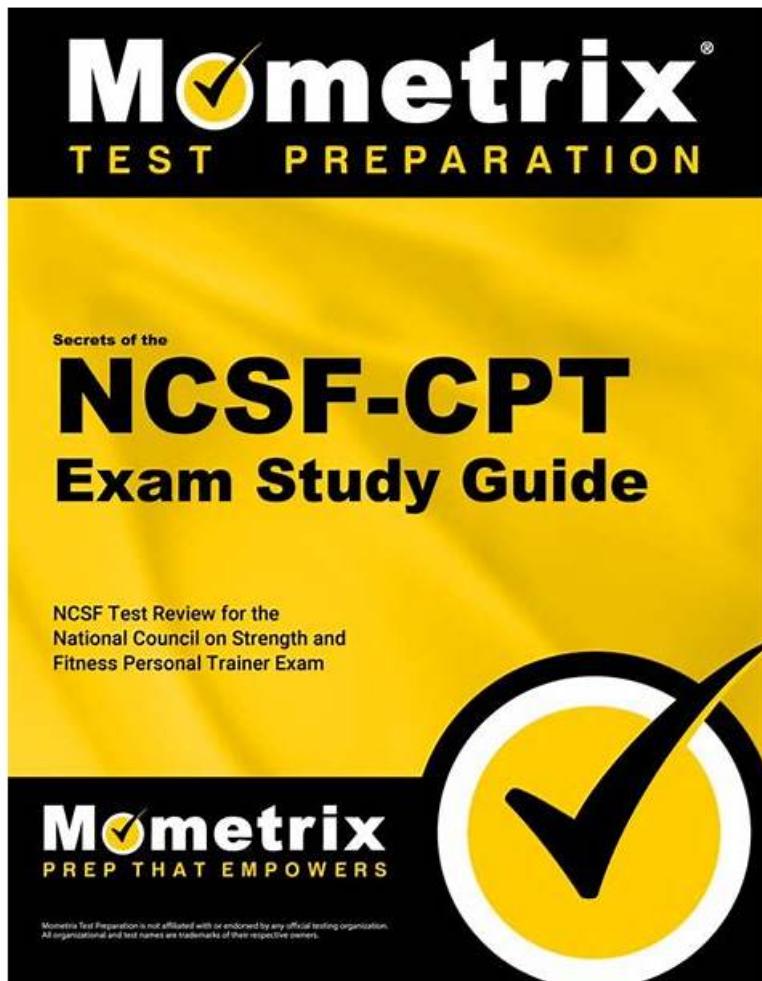


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q37-Q42):

NEW QUESTION # 37

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

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

Answer: B

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 # 38

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

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

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 B₁ 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 # 39

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

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

Answer: A

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 # 40

An individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into?

- A. Obese class II
- **B. Normal**
- C. Overweight
- D. Obese class I

Answer: B

Explanation:

BMI stands for body mass index and it can be calculated by dividing an individual's weight by height squared. In this example, $BMI = 80 \text{ kg} / (1.75 \text{ m})^2$. This results in a BMI of 26.1. BMI values fall into a range. The normal range is 18.5-24.9. The overweight range is 25-29.9. The obese class I range is 30-34.9. The obese class II range is 35-39.9.

NEW QUESTION # 41

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

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

Answer: D

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 # 42

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