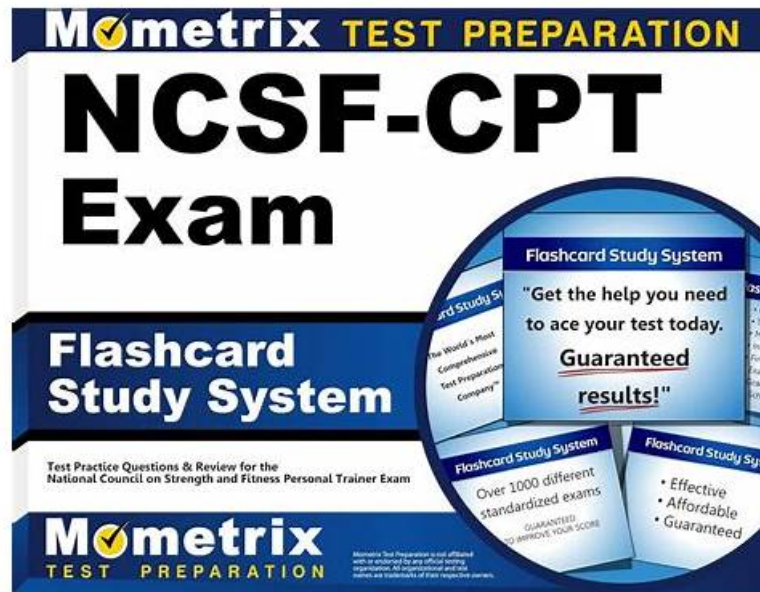


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q39-Q44):

NEW QUESTION # 39

Shortness of breath at rest is called

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

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 # 40

An effective cardiorespiratory training program session should include all of these basic components EXCEPT

- A. Warm-up phase
- B. Endurance phase
- C. Cool-down phase
- D. Power phase

Answer: A

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a client's goals, daily routines, and preferences into account to create a routine that will be followed. Each training session should include a warm-up phase, a workout or endurance phase, and then a cool-down phase.

NEW QUESTION # 41

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

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

Answer: B

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 # 42

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

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

Answer: B

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 # 43

Which of the following is not covered when obtaining informed consent from a client?

- A. Risks and discomfort that maybe associated with the training program
- **B. Benefits that the client should expect to gain**
- C. How much the training program cost
- D. Purpose of the training program

Answer: B

Explanation:

Obtaining informed consent at the beginning of a professional relationship can protect against potential later legal action. An informed consent document will discuss the reason for the training program, the risks or discomfort that a client may experience, the responsibilities of the client, the benefits the client may reap, and it will offer the opportunity for a client to ask related questions. Fee structure and payments are not part of the informed consent.

NEW QUESTION # 44

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