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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q36-Q41):

### NEW QUESTION # 36

Which of these muscles is not part of the Rotator cuff?

- A. Teres major
- B. Teres minor
- C. Infraspinatus
- D. Supraspinatus

**Answer: A**

Explanation:

The Supraspinatus is an abductor of the arm. The Infraspinatus and Teres minor are both external rotators. The Subscapularis is the missing muscle of the rotator cuff.

### NEW QUESTION # 37

All of the following are benefits of increased flexibility EXCEPT

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

**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 # 38**

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

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

**Answer: A**

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 # 39**

The end of a bone is called the

- A. Endosteum
- B. Diaphysis
- C. Periosteum
- **D. Epiphysis**

**Answer: D**

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

#### **NEW QUESTION # 40**

The hip joint is what type of joint?

- A. Hinge joint
- B. Cartilaginous joint
- **C. Ball-and-socket joint**
- D. Pivot joint

**Answer: C**

Explanation:

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.



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