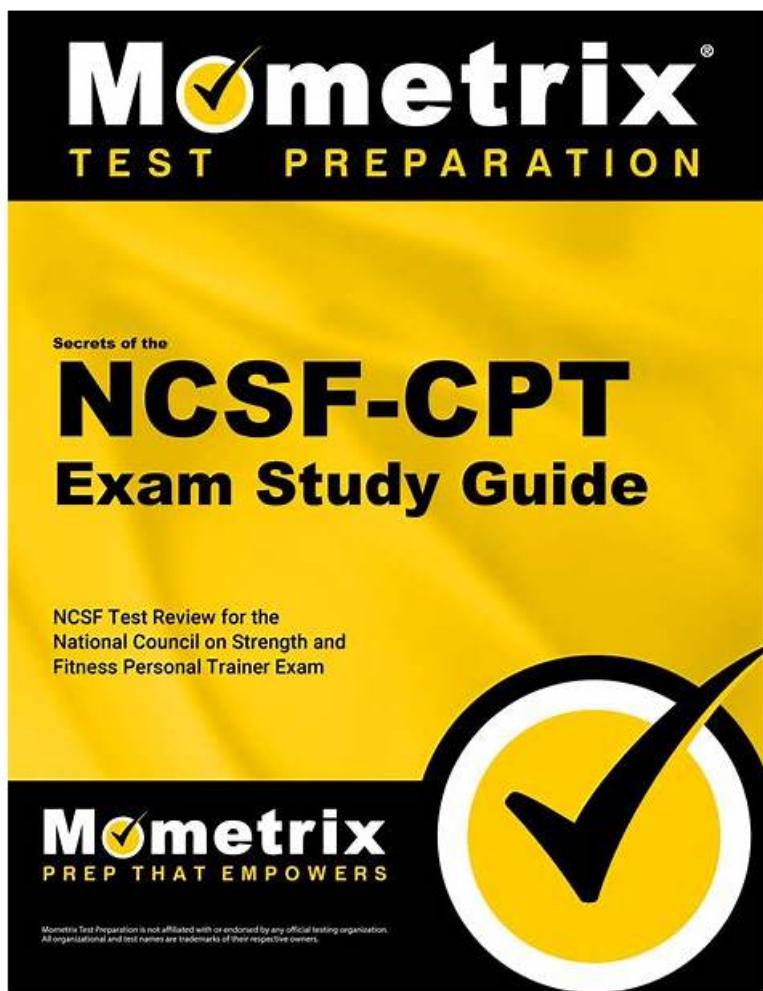


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q13-Q18):

NEW QUESTION # 13

Which of the following should be considered a life-threatening medical emergency?

- A. An Achilles, tendon rupture
- B. A dislocation of the cervical spinal cord
- C. A hip fracture in an elderly individual
- D. Anterior cruciate ligament tear

Answer: C

Explanation:

Any trauma to the neck (or cervical spine) should be considered a medical emergency. When the cervical vertebrae are dislocated or fractured, the spinal column can become unstable. This can potentially lead to paralysis or death. While an Achilles, tendon rupture or anterior cruciate ligament tear is a serious leg/knee injury, respectively, and may be career ending for athletes, either one is not life threatening. A hip fracture or a fracture of the neck of the femur can cause permanent disability, especially in the elderly. However, these are also not usually life threatening.

NEW QUESTION # 14

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

- A. vitamin E
- B. vitamin B1
- C. vitamin A
- 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 B₃ 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 # 15

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. self-challenge
- C. self-change
- D. lapse

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 # 16

An example of active listening is

- A. "Great job your exercises this week!"
- B. "How did your big project at work turn out?"
- C. didn't you do this exercise this week?"

- D. "So you are saying that you didn't understand how this exercise was supposed to feel?"

Answer: D

Explanation:

Active listening is a technique than enhances communication. It involves conveying what the client says back to the client, so that the individual feels they are being heard and understood. The client tells you how he or she feels or what he or she thinks, and you repeat or paraphrase it back to the individual. This technique provides the opportunity for clarification in the event that the client actually meant something else. When actively listening, it is helpful to let the other speak without interruption and to maintain eye contact and focus on the client.

NEW QUESTION # 17

All of the following can help the client-trainer relationship EXCEPT

- A. Keeping information between the two of you confidential
- B. Accepting your client for what she is able to do, even if others her age are able to do more
- C. Asking your client about his week
- D. Answering a text or phone call during a session

Answer: B

Explanation:

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

NEW QUESTION # 18

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