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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q48-Q53):

### NEW QUESTION # 48

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Change talk
- B. Appreciative inquiry
- C. Motivational interviewing
- D. Generative moments

**Answer: D**

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer.

While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

#### NEW QUESTION # 49

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

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

**Answer: C**

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 # 50

The primary function of the respiratory system is

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

**Answer: C**

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 # 51

An example of a substitution behavioral change that you might suggest to a client is

- A. "If you reach this goal we set up, you can have a reward of your choosing."
- B. "Take the stairs instead of the elevator at work"
- C. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."
- D. "Call your best friend to walk with you every day."

**Answer: C**

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

#### NEW QUESTION # 52

The Rockport is a field test that involves

- A. Walking intermittently for 2 miles
- B. Stepping up and down continuously for 3 minutes
- C. Running continuously for 1.5 miles
- D. Walking as fast as possible for 1 mile

**Answer: D**

Explanation:

The Rockport 1-mile walk test involves having a client walk as fast as he or she can for a distance of 1 mile. The individual must not run at all during this test. At the end of the test the individual's pulse and heart rate are measured. The Queens College Step Test involves having an individual step up and down on a standardized step height continuously for 3 minutes and then measuring his or her pulse and heart rate after the 3 minutes.

## NEW QUESTION # 53

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