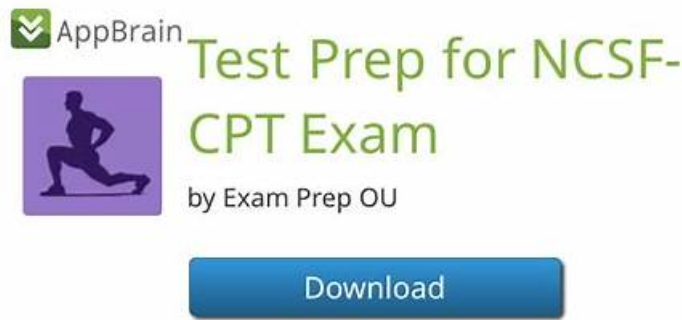


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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q20-Q25):

### NEW QUESTION # 20

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

- A. Poorly controlled seizure disorder
- B. Heavy smoker
- C. Ruptured membranes
- 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 # 21

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

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

**Answer: C**

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 # 22

Which of the following can cause pain in the lumbar area?

- A. Strain of the longissimus thoracis muscle
- B. Strain of the sternocleidomastoid muscle
- C. Strain of the tibialis anterior muscle
- D. Strain of the gastrocnemius muscle

**Answer: D**

Explanation:

The longissimus thoracis muscle is located in the posterior lumbar region. It is part of the erector spinae group. These muscles help maintain posture and provide stability to the spine. Lumbar pain, also called low back pain, is one of the most common causes of disability. About 60 to 80% of the general population will experience it at some point in their lives. Determining the specific cause of lumbar pain may be difficult, but muscle strain, an intervertebral herniated disc, and joint inflammation can all cause lumbar pain. The other muscles are not located in the lumbar region. The sternocleidomastoid muscle is located in the cervical region. Strain to this muscle occurs with "whiplash" injuries. The tibialis anterior muscle is located on the anterior and lateral part of the lower leg. The gastrocnemius muscle is located on the posterior part of the lower leg.

### NEW QUESTION # 23

How much weight loss is appropriate for an obese individual with a BMI greater than 30?

- A. 2 kg a week
- B. 3 kg a week
- C. 1 kg a week
- D. 4 kg a week

**Answer: C**

Explanation:

People who are obese have a BMI greater than or equal to 30. These individuals are at a high risk of cardiac problems, certain types of cancers, and diabetes. Among other areas, training programs can focus on weight loss, promoting appetite control, and lowering the risk of associated medical issues. Weight loss should be gradual-not more than 1 kg per week. Aerobic training sessions five to seven times a week lasting 45-60 minutes per session may be helpful.

### NEW QUESTION # 24

The body recruits type I muscle fibers for activities of

- A. long duration and low intensity

- B. short duration and high intensity
- C. none of the above
- D. long duration and high intensity

**Answer: A**

Explanation:

The body has two types of muscle fibers: type I and type II. Together, these muscle fibers can do all types of tasks. However, the body recruits each type during different activities or specific times of an activity, depending on the type and duration of motion required. Type I muscle fibers, also called slow-twitch fibers, are used for activities of long duration and low intensity, such as those involving endurance. In contrast, type II muscle fibers are employed for high-speed, high-power tasks. These muscle fibers are capable of generating force more quickly than type I muscle fibers.

## NEW QUESTION # 25

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

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