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

NEW QUESTION # 48

Which function does the autonomic nervous system NOT regulate?

- A. Running
- B. Secretion of hormones
- C. Digestion
- D. Breathing

Answer: A

Explanation:

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

NEW QUESTION # 49

An example of active listening is

- A. "How did your big project at work turn out?"
- B. "didn,t you do this exercise this week?"
- C. "Great job your exercises 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 that 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 # 50

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

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

Answer: C

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 # 51

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

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

Answer: C

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 # 52

All are true of a synovial joint EXCEPT

- A. A synovial joint can flex and extend.

- B. The synovial cavity is filled with synovial fluid.
- **C. A synovial joint may be supported by ligaments.**
- D. A synovial joint never contains any other structures inside of it.

Answer: C

Explanation:

A synovial joint is the most common type of joint found in the body and is made up of two articulating bones. Synovial fluid is present in the synovial cavity, which is lined by a synovial membrane. The joint is surrounded by a fibrous capsule, which can be supported by ligaments. Sometimes, a synovial joint may contain other structures, such as menisci (for example, in the knee) or fat pads. There are subtypes of synovial joints, including a hinge joint, ball-and-socket joint, and a pivot joint.

NEW QUESTION # 53

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