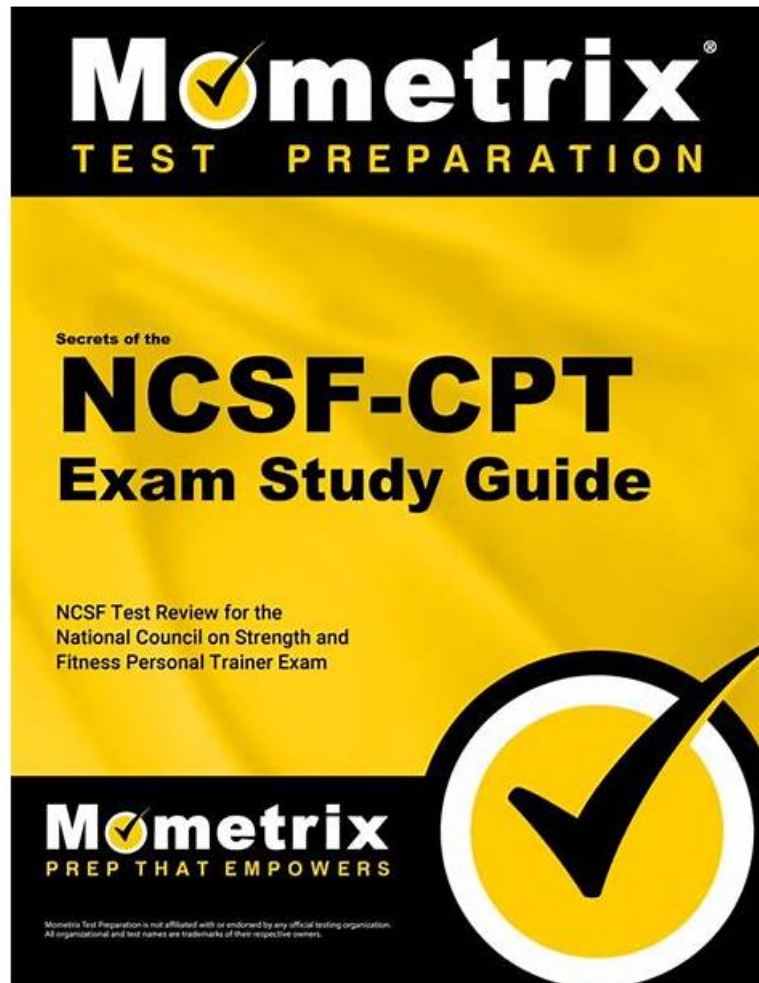


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q14-Q19):

NEW QUESTION # 14

The type of stretching that requires assistance from a personal trainer is called

- A. Active stretching
- **B. Static stretching**
- C. Passive stretching
- D. Ballistic stretching

Answer: B

Explanation:

In passive stretching, a client remains relaxed, allowing a trainer to stretch the clients muscles. Ballistic stretching, which involves a bouncing-like movement, can cause injury to muscles if not performed carefully. Static stretching involves movements that are deliberate and sustained. Active stretching involves stretching muscles throughout their range of motion.

NEW QUESTION # 15

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

- A. Strain of the sternocleidomastoid muscle
- B. Strain of the longissimus thoracis muscle
- **C. Strain of the gastrocnemius muscle**
- D. Strain of the tibialis anterior 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 # 16

An individual's flexibility can be assessed by which of the following?

- A. A curl-up test
- B. A sit-and-reach test
- **C. A push-up test**
- D. A one-repetition bench press

Answer: C

Explanation:

A sit-and-reach test can measure the flexibility of an individual's lower back hip, and hamstrings. A one-repetition bench press is used to assess muscular strength or muscle force. Both the push-up test and the curl-up test are used for measuring muscle endurance.

NEW QUESTION # 17

An example of active listening is

- A. "How did your big project at work turn out?"
- B. "So you are saying that you didn't understand how this exercise was supposed to feel?"
- C. didn't you do this exercise this week?"
- D. "Great job your exercises this week!"

Answer: B

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 # 18

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

- A. Having a more physically active lifestyle
- B. Having more relaxed muscles
- C. Being a woman
- D. Having cold 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 # 19

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