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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q31-Q36):

NEW QUESTION # 31

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 75 to 120
- B. 85 to 145
- C. 120 to 160
- **D. 85 to 110**

Answer: D

Explanation:

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION # 32

The hip joint is what type of joint?

- A. Cartilaginous joint
- B. Pivot joint
- C. Hinge joint
- D. Ball-and-socket joint

Answer: D

Explanation:

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.

NEW QUESTION # 33

All of the following are true of intermittent claudication EXCEPT

- A. People with diabetes have a greater risk of having intermittent claudication.
- B. Intermittent claudication does not usually occur when a client stands or sits.
- C. Intermittent claudication usually goes away within 10 minutes of stopping an exercise.
- D. Symptoms associated with intermittent claudication are reproducible.

Answer: A

Explanation:

When an individual has intermittent claudication he or she develop pain in a specific area with exercise due to inadequate blood flow to that specific muscle. This pain can be reproduced from day to day. It usually does not occur when a client is sitting or standing. People with coronary artery disease or diabetes are prone to developing intermittent claudication. However, once the exercise that precipitated the pain has stopped, the pain should go away within one to two minutes.

NEW QUESTION # 34

The end of a bone is called the

- A. Epiphysis
- B. Endosteum
- C. Periosteum
- D. Diaphysis

Answer: A

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 35

The condition that involves rapid breakdown of muscle tissue due to too much exercise, which can potentially result in kidney failure, is called

- A. Myoglobinuria
- **B. Rhabdomyolysis**
- C. Dialysis
- D. Proteinuria

Answer: B

Explanation:

Rhabdomyolysis, caused when an individual exercises too excessively, results in muscle damage and breakdown. These breakdown products, which can include protein and myoglobin, then enter the bloodstream and have the potential to harm the kidneys. Kidney failure, and possibly death, can result. Symptoms of rhabdomyolysis can include muscle swelling, pain, and soreness. Myoglobinuria and proteinuria describe the conditions of having myoglobin and protein in the urine. However, they do not necessarily reflect a cause. Dialysis is a treatment for kidney failure.

NEW QUESTION # 36

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