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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q39-Q44):

NEW QUESTION # 39

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 # 40

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

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

Answer: A

Explanation:

In passive stretching, a client remains relaxed, allowing a trainer to stretch the client's 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 # 41

Shortness of breath at rest is called

- A. Ischemia
- B. Syncope
- C. Orthopnea
- **D. Dyspnea**

Answer: D

Explanation:

A client with dyspnea will have shortness of breath while resting or only with mild exertion. It is not normal, and it can be a symptom of cardiac or pulmonary disease. Orthopnea is shortness of breath that occurs when one is lying down. It is relieved by sitting upright or standing. Ischemia occurs when there is a lack of blood flow and oxygen to the heart. This causes pain in the chest or pain that has radiated to the neck or arm. Syncope is a loss of consciousness that usually occurs when the brain does not receive enough oxygen.

NEW QUESTION # 42

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

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

Answer: B

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 # 43

Normal systolic and diastolic blood pressure measurements (in mm Hg) include which of the following?

- A. Systolic 130, diastolic 70
- B. Systolic 140, diastolic 85
- C. Systolic 110, diastolic 85
- D. Systolic 110, diastolic 75

Answer: D

Explanation:

Normal blood pressure is classified as a systolic pressure of less than 120 mm Hg and a diastolic pressure of less than 80 mm Hg. If either the systolic or diastolic pressures are elevated on multiple occasions, an individual's blood pressure is considered to be high.

NEW QUESTION # 44

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