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

NEW QUESTION # 20

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 # 21

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

- **A. Poorly controlled hypertension**
- B. Heavy smoker
- C. Ruptured membranes
- D. Poorly controlled seizure disorder

Answer: A

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 # 22

The end of a bone is called the

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

Answer: B

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 # 23

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. 85 to 110
- D. 120 to 160

Answer: C

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 # 24

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Carotid
- B. Radial
- C. Brachial
- D. Popliteal

Answer: C

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 25

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