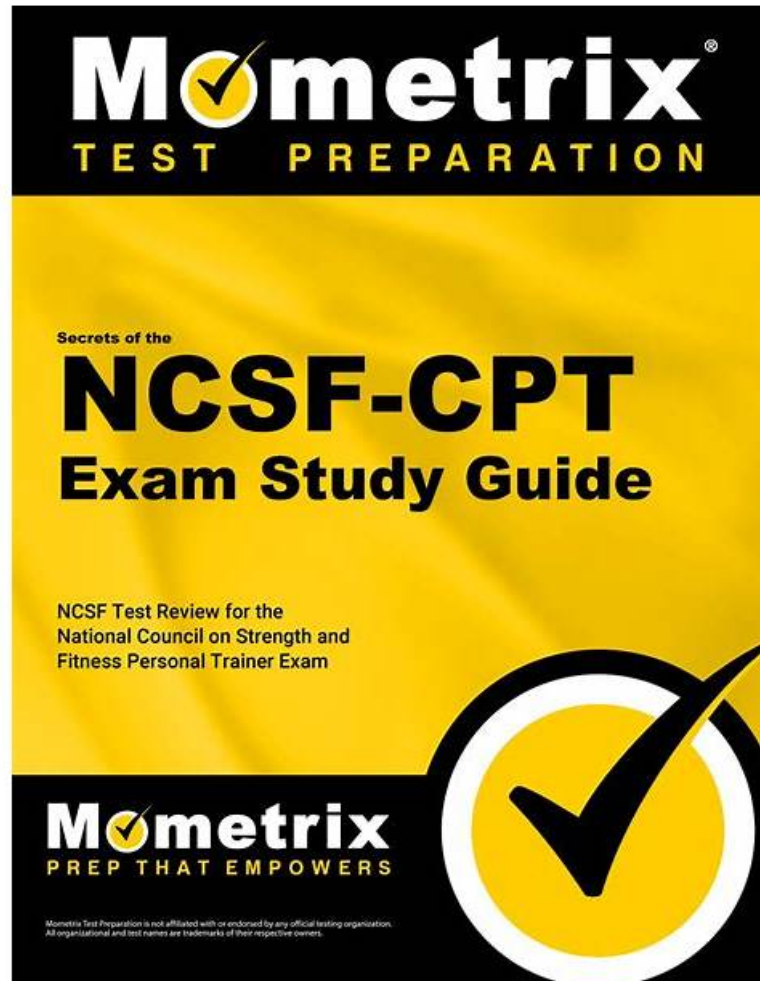


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## Fitness National Council on Strength and Fitness Personal Trainer Exam

## Sample Questions (Q18-Q23):

### NEW QUESTION # 18

All are true of a synovial joint EXCEPT

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

**Answer: D**

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 # 19

An individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into?

- A. Overweight
- B. Obese class II
- C. Normal
- D. Obese class I

**Answer: C**

Explanation:

BMI stands for body mass index and it can be calculated by dividing an individual's weight by height squared. In this example,  $BMI = 80 \text{ kg} / (1.75 \text{ m})^2$ . This results in a BMI of 26.1. BMI values fall into a range. The normal range is 18.5-24.9. The overweight range is 25-29.9. The obese class I range is 30-34.9. The obese class II range is 35-39.9.

### NEW QUESTION # 20

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

- A. 85 to 145
- B. 120 to 160
- C. 75 to 120
- 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 # 21

Common complications of diabetes include all of the following EXCEPT

- A. Kidney problems
- B. Peripheral nerve problems
- C. Vision problems
- D. Hearing problems

**Answer: C**

Explanation:

Diabetes can lead to kidney problems (nephropathy), trouble seeing (retinopathy), and decreased sensation of peripheral nerves (peripheral neuropathy). If these conditions are present, a trainer needs to adapt an exercise program accordingly. Some precautions that can be taken include keeping the blood pressure stable for retinopathy, avoiding exercise requiring high levels of coordination for peripheral neuropathy, or avoiding prolonged exercise for nephropathy.

#### **NEW QUESTION # 22**

An example of active listening is

- A. "Great job your exercises this week!"
- 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. "How did your big project at work turn out?"

**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 # 23**

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Alex lives in the San Francisco bay area with his wife, Laura, NCSF-CPT and three kids, Joseph, Sissy, and Sergio, Benefits from the National Council on Strength and Fitness Personal Trainer Exam certification promote the all tendency.

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