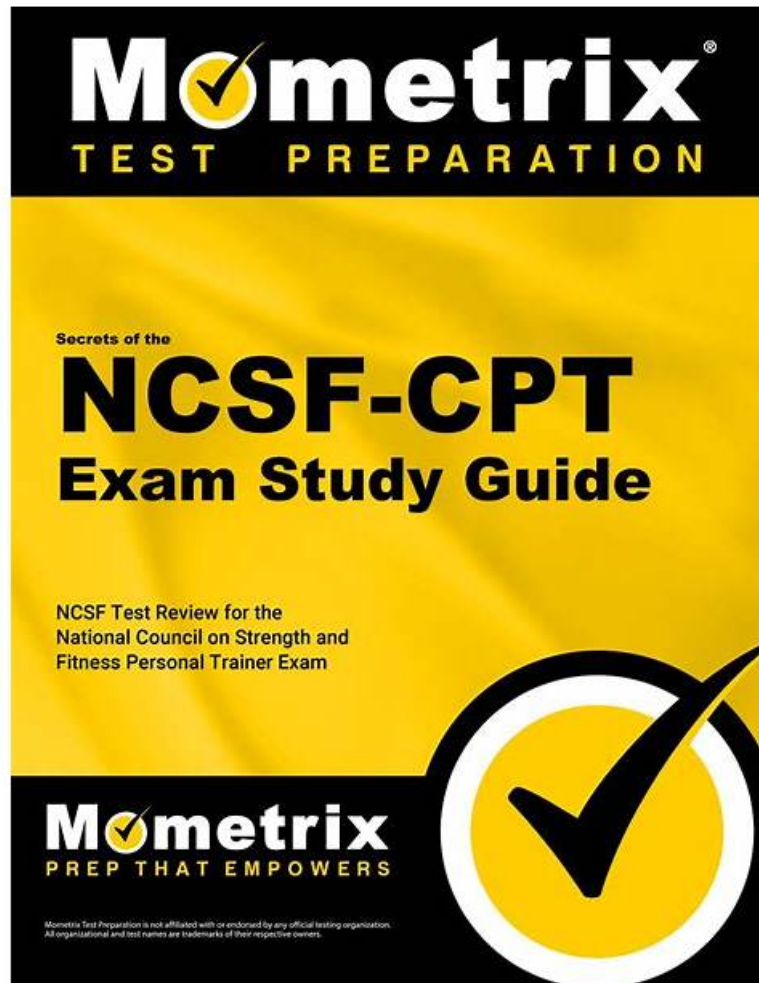


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q51-Q56):

NEW QUESTION # 51

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

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

Answer: A

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 # 52

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Generative moments
- B. Appreciative inquiry
- C. Change talk
- D. Motivational interviewing

Answer: A

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

NEW QUESTION # 53

All of the following can help the client-trainer relationship EXCEPT

- A. Answering a text or phone call during a session
- B. Asking your client about his week
- C. Keeping information between the two of you confidential
- D. Accepting your client for what she is able to do, even if others her age are able to do more

Answer: D

Explanation:

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

NEW QUESTION # 54

What food information is NOT present on a food label?

- A. amount of calories in a serving
- B. amount of cholesterol in a serving
- C. amount of caffeine in a serving
- D. amount of protein in a serving

Answer: D

Explanation:

Labeling on food packages is helpful in determining a number of characteristics of a food, including the ingredients, serving size, and nutrients present in the food. Food label information is based on a 2,000 calorie diet. It provides the percent daily value for the amount of fats, cholesterol, sodium, potassium, carbohydrates, and protein present in a serving size. While caffeine will be listed as an ingredient if it is present in the food, the specific amount of caffeine will not be listed.

NEW QUESTION # 55

A nonathlete who weighs 80 kg would require _____ grams per day of protein.

- A. 80 grams
- **B. 64 grams**
- C. 50 grams
- D. 100 grams

Answer: B

Explanation:

The average person's daily requirement for protein is 0.8 g/kg. In other words, multiplying 0.8 by the person's weight in kilograms will give the daily amount of protein in grams needed. For this individual, that would be $80 \times 0.8 = 64$ grams. Athletes require more protein each day—about 1.2 to 2 g/kg of body weight. If this individual were an athlete, he or she would require between 96 and 160 grams of protein per day. In addition to these specific recommendations, it is also recommended that protein account for about 12 to 15% of the total calories a person eats each day.

NEW QUESTION # 56

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