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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

An effective cardiorespiratory training program session should include all of these basic components EXCEPT

- A. Power phase
- B. Endurance phase
- C. Cool-down phase
- D. Warm-up phase

Answer: D

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a clients goals, daily routines, and preferences into account to create a routine that will be followed. Each training session should include a warm-up phase, a workout or endurance phase, and then a cool-down phase.

NEW QUESTION # 20

Which of the following inhibits a person's joint flexibility?

- A. Being a woman
- B. Having a more physically active lifestyle
- C. Having cold muscles
- D. Having more relaxed muscles

Answer: A

Explanation:

A person's flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues affect an individual's flexibility.

NEW QUESTION # 21

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

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

Answer: C

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 # 22

The joint movement that results in an increase of the joint angle is called

- A. Flexion
- B. Extension
- C. Adduction
- D. Abduction

Answer: B

Explanation:

When a joint is extended, the angle of the joint is increased. Flexion is the opposite of extension, and causes the joint angle to decrease. Abduction refers to movement that is directed away from the midline of the body. The opposite of abduction is adduction. Adduction describes movements that are made toward the midline of the body.

NEW QUESTION # 23

The hip joint is what type of joint?

- A. Hinge joint
- B. Pivot joint
- C. Cartilaginous 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 # 24

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