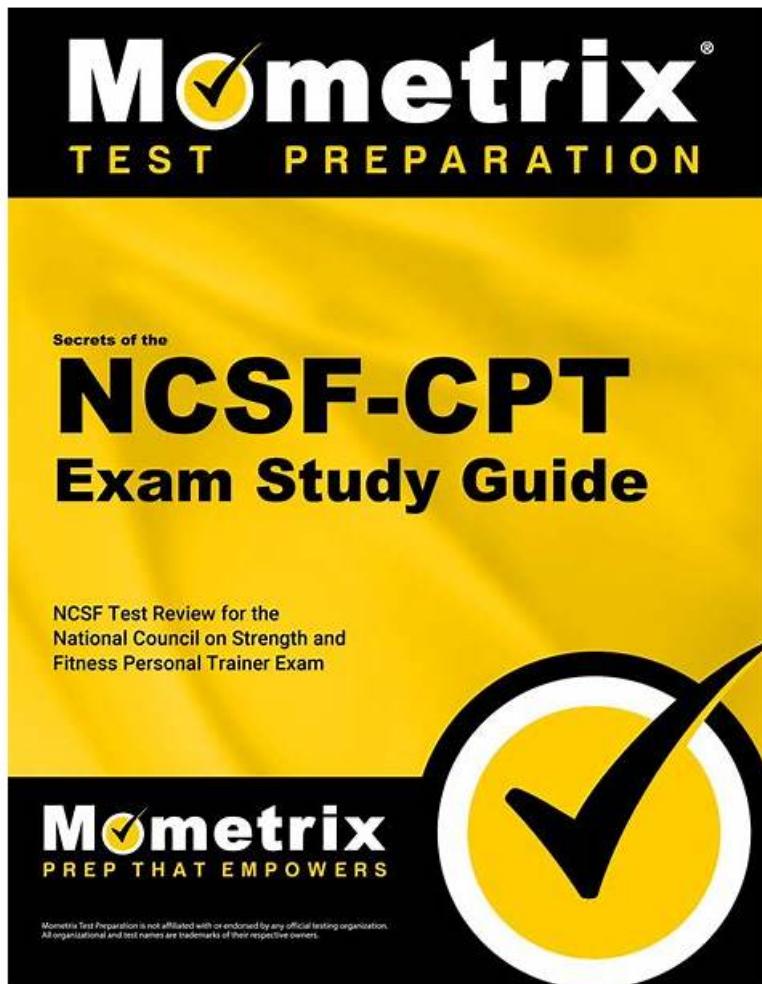


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## **Fitness National Council on Strength and Fitness Personal Trainer Exam**

## Sample Questions (Q51-Q56):

### NEW QUESTION # 51

A deficiency of which vitamin can lead to difficulty seeing at night and an increased susceptibility to infections?

- A. vitamin B3
- B. vitamin B1
- C. vitamin A
- D. **vitamin E**

**Answer: D**

Explanation:

Vitamin A known as retinol, is found in foods such as fish liver oils, butter, and egg yolks. It is critical for red blood cell and embryo development and normal functioning of the eyes, the immune system, and the skin. Vitamin B<sub>1</sub> is also called thiamin. A deficiency of this vitamin can lead to beriberi. Symptoms of beriberi can include cardiovascular problems, peripheral neuropathy, and cognitive and psychiatric problems. Vitamin B<sub>3</sub> is also known as niacin: a deficiency of this vitamin can cause a disease called pellagra. Pellagra can cause a skin rash, gastrointestinal symptoms, or cognitive difficulties. If untreated, it can also lead to death. Vitamin E is an antioxidant that augments the immune system. It can help prevent cell membranes from being destroyed by harmful free radicals.

### NEW QUESTION # 52

A client in the precontemplation stage of behavior might think to himself:

- A. "I just can't lose weight."
- B. "I am so proud I lost weight!"
- C. "I am really thinking about how to lose weight."
- D. **"I have a plan to lose weight."**

**Answer: D**

Explanation:

There are five stages of behavioral change. Listed in order of unwilling to change to readiness to change, they are precontemplation, contemplation, preparation, action, and maintenance. People in precontemplation often say, "I can't" or "I won't" about being able to change. People in the contemplation stage often say, "I just may change" or "I'm thinking about it." People in the preparation stage have actively decided to take action at some point soon. In the action stage, a person has decided to implement a consistent change, but has been implementing the new behavior for less than six months. If a person has consistently implemented a change for more than six months, he or she is in the maintenance stage.

### NEW QUESTION # 53

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

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

**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 # 54

Shortness of breath at rest is called

- A. Orthopnea
- B. Ischemia

- C. Syncope
- 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 # 55**

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

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

**Answer: C**

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 # 56**

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