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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q33-Q38):

NEW QUESTION # 33

The primary function of the respiratory system is

- A. Regulating the body/ s pH level
- B. Facilitating the exchange of oxygen and carbon dioxide
- C. Maintaining fluid volume to prevent dehydration
- D. Delivering nutrients to tissues in the body

Answer: C

Explanation:

The respiratory system involves the lungs and is where the exchange of oxygen for carbon dioxide occurs. The cardiovascular

system, which involves the heart and blood vessels, is responsible for delivering oxygen and nutrients to all tissues in the body, regulating the body's pH level to prevent acidosis or alkalosis, and maintaining fluid volume to prevent dehydration.

NEW QUESTION # 34

Which of the following should be considered a life-threatening medical emergency?

- A. Anterior cruciate ligament tear
- B. A dislocation of the cervical spinal cord
- C. A hip fracture in an elderly individual
- D. An Achilles, tendon rupture

Answer: C

Explanation:

Any trauma to the neck (or cervical spine) should be considered a medical emergency. When the cervical vertebrae are dislocated or fractured, the spinal column can become unstable. This can potentially lead to paralysis or death. While an Achilles, tendon rupture or anterior cruciate ligament tear is a serious leg/knee injury, respectively, and may be career ending for athletes, either one is not life threatening. A hip fracture or a fracture of the neck of the femur can cause permanent disability, especially in the elderly. However, these are also not usually life threatening.

NEW QUESTION # 35

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

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

Answer: D

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 # 36

Benefits of nonlinear periodized training programs include all of the following EXCEPT

- A. Allowing for variation in the workout intensity
- B. Training both power and strength of muscles within one week
- C. Having a "power" training day
- D. Using a progressive increase in the workout intensity

Answer: C

Explanation:

While a linear periodized training program involves having a progressive increase in the workout intensity over the course of a week a nonlinear periodized training program involves variation of intensity over the course of a week A weeklong nonlinear periodized training program can target both muscle strength and power. A "power" training day involving power sets can also be implemented. This type of program may be more conducive to individuals with scheduling conflicts.

NEW QUESTION # 37

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

- A. "I just can,t lose weight."
- B. "I am really thinking about how to lose weight."
- C. "I have a plan to lose weight."
- D. "I am so proud I lost weight!"

Answer: C

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 # 38

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