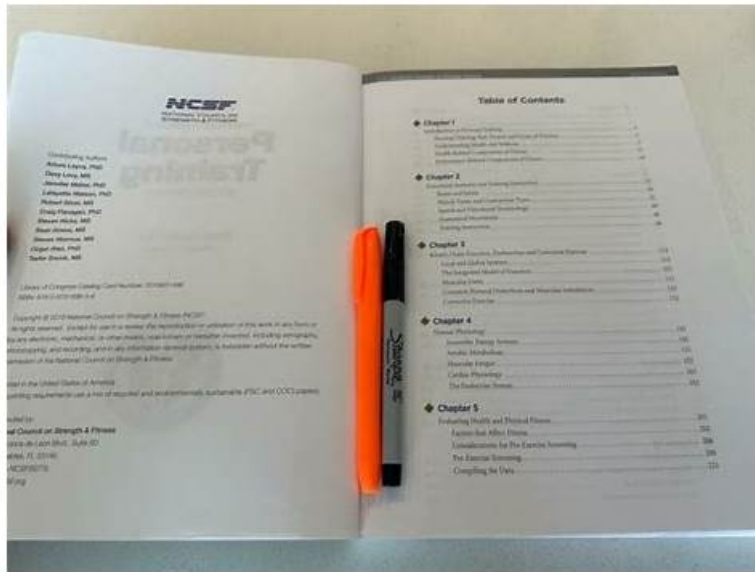


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### Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q28-Q33):

#### NEW QUESTION # 28

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

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

Answer: B

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 # 29

The primary function of the respiratory system is

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

**Answer: A**

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 # 30

When working with a trainer, an individual lifts a 10-pound weight straight over her head through a distance of 2.5 feet. How much linear work has been generated?

- A. 7.5 pound-feet
- B. 50 pound-feet
- C. 4 pound-feet
- D. 25 pound-feet

**Answer: D**

Explanation:

Multiplying the force times the distance through which the force travels will result in the linear work generated. Ten times 2.5 equals 25.

#### NEW QUESTION # 31

An example of active listening is

- A. "Great job your exercises this week!"
- B. "How did your big project at work turn out?"
- C. "So you are saying that you didn,t understand how this exercise was supposed to feel?"
- D. didn,t you do this exercise this week?"

**Answer: C**

Explanation:

Active listening is a technique than 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 # 32

An individual's flexibility can be assessed by which of the following?

- A. A push-up test
- B. A sit-and-reach test
- C. A curl-up test
- D. A one-repetition bench press

**Answer: A**

Explanation:

A sit-and-reach test can measure the flexibility of an individual's lower back, hip, and hamstrings. A one-repetition bench press is used to assess muscular strength or muscle force. Both the push-up test and the curl-up test are used for measuring muscle endurance.

### NEW QUESTION # 33

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