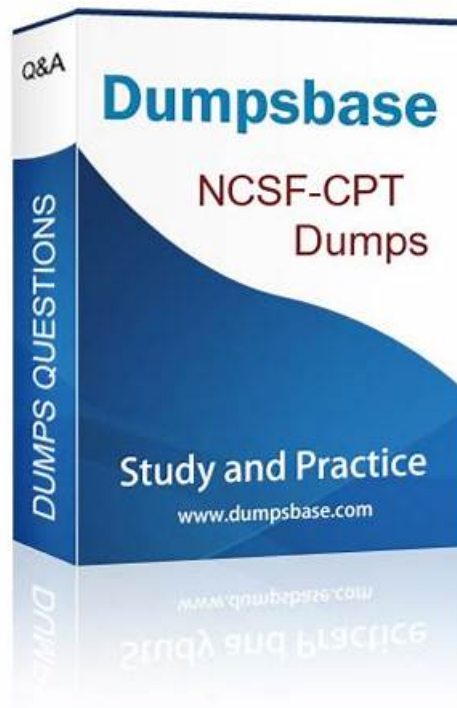


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q11-Q16):

NEW QUESTION # 11

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 85 to 110
- B. 85 to 145
- C. 75 to 120
- D. 120 to 160

Answer: A

Explanation:

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION # 12

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

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

Answer: A

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 B1 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 B3 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 # 13

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

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

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 # 14

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.

All are true of a synovial joint EXCEPT

- Answer: B**

A synovial joint is the most common type of joint found in the body and is made up of two articulating bones. Synovial fluid is present in the synovial cavity, which is lined by a synovial membrane. The joint is surrounded by a fibrous capsule, which can be supported by ligaments. Sometimes, a synovial joint may contain other structures, such as menisci (for example, in the knee) or fat pads. There are subtypes of synovial joints, including a hinge joint, ball-and-socket joint, and a pivot joint.

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