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NCSF: Personal Training Exam Questions and Answers 2024

The biceps femoris would be most active during the concentric phase of which of the following exercises?

- a. Single leg Romanian deadlift
- b. Front squat
- c. Modified deadlift
- d. Lateral step-up - Answer ✓✓-A

Performance of a reverse lunge with trunk rotation occurs in what movement plane(s)?

- a. Frontal and sagittal
- b. Sagittal and reverse
- c. Reverse and transverse
- d. Sagittal and transverse - Answer ✓✓-D

If a client incorrectly performs knee raises with an anterior pelvic tilt to 90° of hip flexion, what is the prime mover instead of the abdominals?

- a. The gluteus maximus
- b. The hip adductors

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q27-Q32):

NEW QUESTION # 27

An example of a substitution behavioral change that you might suggest to a client is

- A. "Call your best friend to walk with you every day."
- B. "Take the stairs instead of the elevator at work"
- C. "If you reach this goal we set up, you can have a reward of your choosing."
- **D. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."**

Answer: D

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

NEW QUESTION # 28

All are true of a synovial joint EXCEPT

- A. A synovial joint can flex and extend.
- **B. A synovial joint may be supported by ligaments.**
- C. A synovial joint never contains any other structures inside of it.
- D. The synovial cavity is filled with synovial fluid.

Answer: B

Explanation:

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.

NEW QUESTION # 29

All of the following can help the client-trainer relationship EXCEPT

- A. Answering a text or phone call during a session
- B. Asking your client about his week
- C. Keeping information between the two of you confidential
- **D. Accepting your client for what she is able to do, even if others her age are able to do more**

Answer: D

Explanation:

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

NEW QUESTION # 30

The body recruits type I muscle fibers for activities of

- A. long duration and low intensity
- B. long duration and high intensity
- C. none of the above
- D. short duration and high intensity

Answer: A

Explanation:

The body has two types of muscle fibers: type I and type II. Together, these muscle fibers can do all types of tasks. However, the body recruits each type during different activities or specific times of an activity, depending on the type and duration of motion required. Type I muscle fibers, also called slow-twitch fibers, are used for activities of long duration and low intensity, such as those involving endurance. In contrast, type II muscle fibers are employed for high-speed, high-power tasks. These muscle fibers are capable of generating force more quickly than type I muscle fibers.

NEW QUESTION # 31

As a prelude to creating a personal training package for a client, a trainer should obtain all of the following EXCEPT

- A. Approval and signature of a physician
- B. Informed consent from the client
- C. Permission to post the client's photo on the trainer's Web site
- D. Health history of the client

Answer: B

Explanation:

While you should always obtain permission before posting a photo of a client on a Web site, that is not one of the critical initial pieces of information. If medical clearance is necessary, a signature and recommendations from your client's physician should be obtained. In addition, you will need to know your client's past and present medical and health issues to create an appropriate training plan. You also need informed consent from your client, demonstrating that he or she understands the risk and benefits of undertaking a training program.

NEW QUESTION # 32

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Jessica Whyte has worked for several years as a journalist, most recently with NCSF-CPT Journalists for Human Rights, and is currently a graduate student at the University of Washington, studying Human-Centered Design and Engineering.

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