

NETA_2 Test Fee - NETA_2 Training Material

NETA Practice Test Questions With Correct Answers

Anterior - Answer The front of the body.

Which represents an outcome oriented goal? - Answer I will reduce my body weight by 15 pounds over the next 3 months.

Visual - Answer Client learns best by observing your demonstrations.

Pectoralis Major - Answer Prime mover in horizontal adduction of the arm (humerus) is the:

High resistance to fatigue - Answer A characteristic of type I (slow oxidative) muscle fiber?

Ice - Answer Based on P.R.I.C.E acronym

Calcium, Potassium & Magnesium - Answer Major minerals

Self-confidence - Answer Self-efficacy

Extrinsic motivation - Answer Driven by outside forces

Intrinsic motivation - Answer Within ones self

Mike weight 150 pounds and has 15% body fat. His goal is to reduce his body fat to 10%. What is her goal body weight to achieve this target body - Answer 142 pounds

Instructor, referral source & role model - Answer Role of a Fitness Professional

All-or-None Principle - Answer Once the necessary threshold of stimulation has been achieved, every muscle fiber associated with a single motor unit will contract.

Recruitment - Answer Simultaneous activation of additional muscle fibers which contributes to greater force production.

F.I.T.T - Answer Frequency, Intensity, Time, Type

Risk factors for CVD. - Answer Family History, Obesity & Diabetes

Component of an Informed Consent document - Answer An explanation of the potential risks associated with exercise.

35 yr old male client has a resting heart rate of 68. Using Karvonen Formula, calculate his target heart rate range from 50% to 85% of the heart rate reserve. - Answer 127-167 beats

According to the physical Activity Guidelines for Americans, for substantial health benefits, adults should: - Answer Perform at least 150 minutes of moderate-intensity aerobic physical activity each week.

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NETA Level 2 Certified Assistant Electrical Testing Specialist Sample Questions (Q56-Q61):

NEW QUESTION # 56

Harmonics in an electrical system increase the risk of fire and electric shock.

- A. False
- **B. True**
- C. Only in high-voltage systems
- D. Only when neutral conductors are undersized

Answer: B

Explanation:

Harmonics cause increased heating in conductors, transformers, and neutral paths, which can degrade insulation and increase fire risk. They can also create unexpected voltage conditions and elevated touch potentials. NETA Level 2 technicians must recognize harmonic-related risks when evaluating system performance, especially in facilities with nonlinear loads such as VFDs and power electronics.

NEW QUESTION # 57

What is the recommended minimum insulation resistance value for motor windings manufactured before 1970?

- A. 10 megohms
- B. 100 megohms
- C. 1 megohm
- **D. 100 megohms per kV plus 1**

Answer: D

Explanation:

For older motor windings, NETA guidance recognizes that insulation systems were often less robust than modern designs. The recommended minimum insulation resistance is 100 megohms per kV of rated voltage plus 1 megohm.

This formula provides a baseline for evaluating insulation condition during acceptance or maintenance testing.

NETA Level 2 technicians must not only perform insulation resistance tests correctly, but also interpret results in the context of equipment age, voltage rating, and service conditions. Results below recommended minimums indicate potential moisture, contamination, or insulation degradation requiring corrective action.

NEW QUESTION # 58

The smallest particle of a substance that still retains the properties of that substance is a:

- A. Electron
- **B. Molecule**
- C. Ion
- D. Atom

Answer: B

Explanation:

A molecule is the smallest unit of a substance that retains its chemical and physical properties. This basic scientific principle supports understanding of insulating materials, gases, and liquids used in electrical equipment, particularly when discussing dielectric behavior and contamination effects.

NEW QUESTION # 59

A piece of wire that is 0.001 inches in diameter and 12 inches long is defined as one mil-foot.

- A. False
- **B. True**
- C. True only for copper wire
- D. False because length must be 1 foot, not 12 inches

Answer: B

Explanation:

A mil is one-thousandth of an inch (0.001 in). A mil-foot is a reference unit used in conductor resistance calculations. It describes a conductor that is 1 mil in diameter and 1 foot long. Since 12 inches equals 1 foot, the statement is correct.

This unit supports standardized resistance formulas such as:

$$R = (K \times L) / CM$$

where R is resistance, K is the resistivity constant, L is length, and CM is circular mil area. While technicians in the field often rely on tables and software, NETA Level 2 fundamentals include understanding what these units represent so results and conductor resistance expectations can be sanity-checked.

This concept also appears when evaluating long cable runs, verifying conductor sizing, or interpreting low-resistance measurements where expected values are small and sensitive to length and cross-sectional area.

NEW QUESTION # 60

Electromotive force (EMF) is measured in:

- A. Ohms
- B. Amperes
- **C. Volts**
- D. Watts

Answer: C

Explanation:

Electromotive force represents electrical potential difference and is measured in volts. NETA Level 2 technicians encounter EMF when evaluating generators, transformers, batteries, and induced voltages during testing and commissioning activities.

NEW QUESTION # 61

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