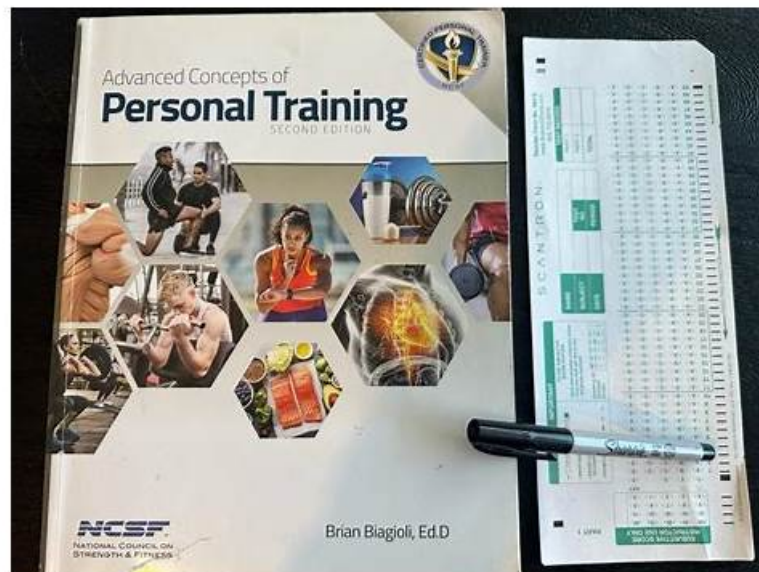


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q32-Q37):

NEW QUESTION # 32

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. 4 pound-feet
- B. 50 pound-feet
- C. 7.5 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 # 33

The end of a bone is called the

- A. Periosteum
- **B. Epiphysis**
- C. Diaphysis
- D. Endosteum

Answer: B

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 34

The joint movement that results in an increase of the joint angle is called

- A. Flexion
- B. Adduction
- C. Abduction
- **D. Extension**

Answer: D

Explanation:

When a joint is extended, the angle of the joint is increased. Flexion is the opposite of extension, and causes the joint angle to decrease. Abduction refers to movement that is directed away from the midline of the body. The opposite of abduction is adduction. Adduction describes movements that are made toward the midline of the body.

NEW QUESTION # 35

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

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

Answer: A

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 clients 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 # 36

Individuals with osteoporosis

- **A. Should not worry about proper breathing techniques**
- B. Are not more likely to develop fractures
- C. Should avoid twisting or flexing of the spine

- D. Should not do flexibility training exercises

Answer: A

Explanation:

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program should be taught proper breathing techniques.

NEW QUESTION # 37

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