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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q51-Q56):

NEW QUESTION # 51

Which of the following is not covered when obtaining informed consent from a client?

- A. Risks and discomfort that maybe associated with the training program
- B. Benefits that the client should expect to gain
- C. Purpose of the training program
- D. How much the training program cost

Answer: B

Explanation:

Obtaining informed consent at the beginning of a professional relationship can protect against potential later legal action. An informed consent document will discuss the reason for the training program, the risks or discomfort that a client may experience, the responsibilities of the client, the benefits the client may reap, and it will offer the opportunity for a client to ask related questions. Fee structure and payments are not part of the informed consent.

NEW QUESTION # 52

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Radial
- **B. Brachial**
- C. Popliteal
- D. Carotid

Answer: B

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 53

Leg raises are an example of

- A. Hip extension
- B. Hip abduction
- C. Knee flexion
- **D. Hip flexion**

Answer: D

Explanation:

Leg raises are one type of exercise that works the hip flexor muscles. These muscles include the iliopsoas, rectus femoris, sartorius, and pectineus. Exercises for hip extension include squats or leg presses. Hip extensor muscles are the hamstrings and the gluteus maximus. Hip abduction exercises can be done with an exercise machine. Muscles involved with hip abduction include the tensor fascia latae, sartorius, and gluteus minimus and medius. Leg curl exercises involve knee flexion. Muscles involved with flexion of the knee are the hamstrings, gracilis, and popliteus.

NEW QUESTION # 54

The end of a bone is called the

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

Answer: D

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 # 55

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

Answer: C

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 # 56

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