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

NEW QUESTION # 11

The end of a bone is called the

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

Answer: A

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 # 12

You are exercising outdoors and become concerned that your client may be dehydrated. At what point would her condition be considered a medical emergency?

- A. When she becomes dizzy and light-headed
- B. When she begins complaining of a headache
- C. When she complains that her leg muscles are cramping
- **D. When she seems to be confused and doesn't know where she is**

Answer: D

Explanation:

Dehydration, heat exhaustion, and heat stroke are conditions that are best avoided by encouraging clients to drink either water or sports drinks often. When individuals wait until they feel thirsty to drink, they may already have lost 1 to 2 liters of fluid. A dehydrated individual may feel less energetic and begin to develop muscle cramps. If not treated, an individual can develop heat exhaustion, which may be manifested by headaches and feelings of nausea. If heat exhaustion isn't treated, an individual may suffer from heat stroke. During heat stroke, an individual's body temperature increases, and he or she may become confused or lose consciousness. This is a medical emergency. The patient needs to have her body temperature lowered as quickly as possible.

NEW QUESTION # 13

A number of atherosclerotic cardiovascular disease risk factors exist. A client who has which of the following would be considered to have a positive risk factor for hypertension?

- A. Systolic blood pressure 140 mm Hg and diastolic blood pressure 2 100 mm Hg on one occasion
- B. Diastolic blood pressure 275 mm Hg on two separate occasions
- C. Having taken an antihypertensive medication in the past
- **D. Systolic blood pressure 140 mm Hg on two separate occasions**

Answer: D

Explanation:

Hypertension is defined by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure as a systolic blood pressure of 140 mm Hg and a diastolic blood pressure of 2 90 mm Hg on separate occasions. In addition, current use of an antihypertensive medication is considered to be a positive risk factor for hypertension.

NEW QUESTION # 14

All of the following are true of intermittent claudication EXCEPT

- A. Intermittent claudication usually goes away within 10 minutes of stopping an exercise.
- B. Intermittent claudication does not usually occur when a client stands or sits.
- C. Symptoms associated with intermittent claudication are reproducible.
- **D. People with diabetes have a greater risk of having intermittent claudication.**

Answer: D

Explanation:

When an individual has intermittent claudication he or she develop pain in a specific area with exercise due to inadequate blood flow to that specific muscle. This pain can be reproduced from day to day. It usually does not occur when a client is sitting or standing. People with coronary artery disease or diabetes are prone to developing intermittent claudication. However, once the exercise that precipitated the pain has stopped, the pain should go away within one to two minutes.

NEW QUESTION # 15

All of the following are benefits of increased flexibility EXCEPT

- A. Improved coordination
- B. Increased range of motion
- C. Increased chance of muscle injury
- D. Improved circulation

Answer: C

Explanation:

Flexibility training has a number of benefits, including increased circulation, increased range of motion, improved muscle coordination, and decreased future chance of muscle injury.

NEW QUESTION # 16

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