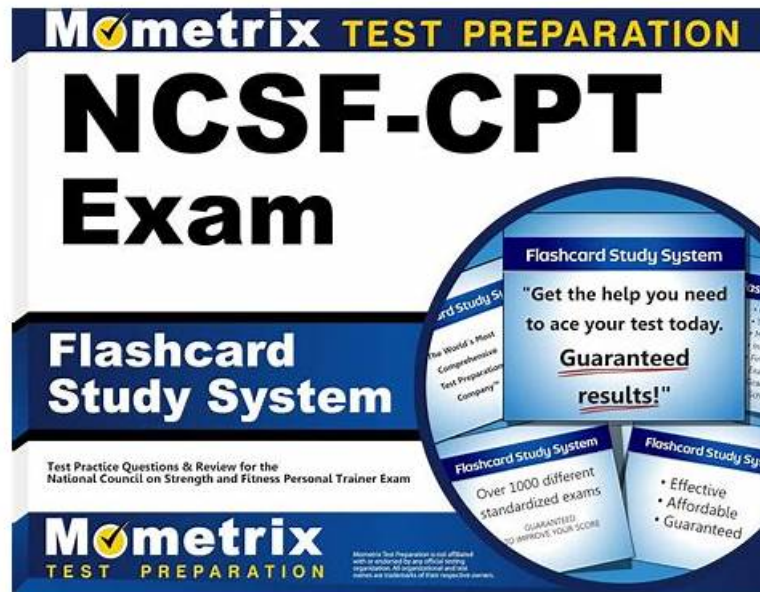


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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q12-Q17):

### NEW QUESTION # 12

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

- A. Answering a text or phone call during a session
- B. Keeping information between the two of you confidential
- C. Asking your client about his week
- 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 # 13**

Which function does the autonomic nervous system NOT regulate?

- A. Digestion
- B. Breathing
- C. Running
- D. Secretion of hormones

**Answer: C**

Explanation:

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

#### **NEW QUESTION # 14**

Common complications of diabetes include all of the following EXCEPT

- A. Vision problems
- B. Peripheral nerve problems
- C. Kidney problems
- D. Hearing problems

**Answer: A**

Explanation:

Diabetes can lead to kidney problems (nephropathy), trouble seeing (retinopathy), and decreased sensation of peripheral nerves (peripheral neuropathy). If these conditions are present, a trainer needs to adapt an exercise program accordingly. Some precautions that can be taken include keeping the blood pressure stable for retinopathy, avoiding exercise requiring high levels of coordination for peripheral neuropathy, or avoiding prolonged exercise for nephropathy.

#### **NEW QUESTION # 15**

Which of the following inhibits a person's joint flexibility?

- A. Being a woman
- B. Having cold muscles
- C. Having a more physically active lifestyle
- D. Having more relaxed muscles

**Answer: A**

Explanation:

A person's flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues affect an individual's flexibility.

### NEW QUESTION # 16

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "Do you think you have clinical depression?"
- B. "Can you tell me about your daily routine?"
- C. **problems do you have?"**
- D. "How would you like this work to help you?"

**Answer: C**

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

### NEW QUESTION # 17

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