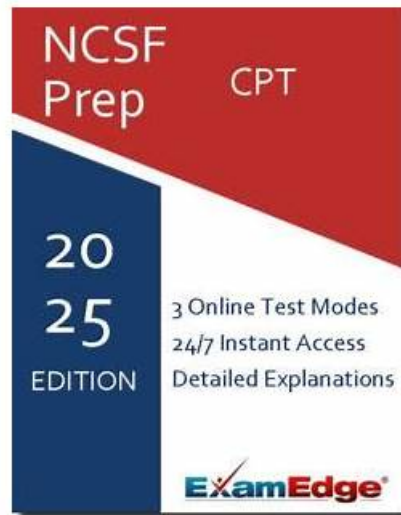


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q50-Q55):

NEW QUESTION # 50

All of the following are true of intermittent claudication EXCEPT

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

Answer: D

Explanation:

When an individual has intermittent claudication he or she develops 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 # 51

Benefits of nonlinear periodized training programs include all of the following EXCEPT

- A. Training both power and strength of muscles within one week
- B. Having a "power" training day
- C. Using a progressive increase in the workout intensity
- D. Allowing for variation in the workout intensity

Answer: B

Explanation:

While a linear periodized training program involves having a progressive increase in the workout intensity over the course of a week, a nonlinear periodized training program involves variation of intensity over the course of a week. A weeklong nonlinear periodized training program can target both muscle strength and power. A "power" training day involving power sets can also be implemented. This type of program may be more conducive to individuals with scheduling conflicts.

NEW QUESTION # 52

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

Answer: B

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 # 53

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

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

Answer: B

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 # 54

How much weight loss is appropriate for an obese individual with a BMI greater than 30?

- A. 2 kg a week
- **B. 1 kg a week**
- C. 4 kg a week
- D. 3 kg a week

Answer: B

Explanation:

People who are obese have a BMI greater than or equal to 30. These individuals are at a high risk of cardiac problems, certain types of cancers, and diabetes. Among other areas, training programs can focus on weight loss, promoting appetite control, and lowering the risk of associated medical issues. Weight loss should be gradual-not more than 1 kg per week. Aerobic training sessions five to seven times a week lasting 45-60 minutes per session may be helpful.

NEW QUESTION # 55

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