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## Neta practice exam – 2 with complete solutions

A new member participates in a low-impact aerobics class including 40 minutes of continuous activity. Using information from the Compendium of Physical Activities, what is the estimated number of MET-minutes completed during this class? - Answer- 200

Based on absolute intensity, which of the following activities is classified as a vigorous-intensity physical activity? - Answer- Walking at an average speed of 3.5 mph at 7% grade.

Performing 6 x 400 meter sprints on an Olympic track with 45 seconds of active recovery between sprints provides the training stimulus to increase the participant's anaerobic threshold. Which principle of training is represented by this scenario? - Answer- Principle of Specificity

Which of the following training approaches is most likely to improve muscular strength? - Answer- Resistance training with a workload at 90% of 1-RM for 5 repetitions per set.

In comparison to the physical activity levels self-reported on questionnaires and obtained through surveys, the objective measurements of physical activity from accelerometer data are? - Answer- Significantly lower

Your new female client is 55 years old. Although her lifestyle has been sedentary for many years, she is otherwise in good health with no medical considerations. Her primary goal is to increase her cardiorespiratory endurance. What is the MOST appropriate for this client's initial exercise program? - Answer- Steady state exercise 3-4 days per week, 20 minutes per session, at 65-70%

While walking on a treadmill at 3.8 mph and 4% grade, your client indicates a RPE of 7 on the category-ratio scale. This rating should correspond to an exercise intensity equivalent to \_\_\_\_\_ of the client's heart rate reserve. - Answer- 60% to 89%

Calculate the target heart rate at 80% of heart rate reserve for a 28-yr old client with a resting heart rate of 62. - Answer- 166

Microtrauma inflicted upon the skeletal muscle and connective tissue during the \_\_\_\_\_ phase of resistance training is believed to be a primary factor contributing delayed onset muscle soreness(DOMS). - Answer- Eccentric

Which of the following exercises is considered to be isometric? - Answer- Prone Plank

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## NETA Level 2 Certified Assistant Electrical Testing Specialist Sample Questions (Q87-Q92):

### NEW QUESTION # 87

An analog ammeter has an accuracy of  $\pm 1\%$  of full scale. If a reading is taken at 25% of full scale, what is the accuracy of that measurement?

- A.  $\pm 0.25\%$
- B.  $\pm 4\%$
- C.  $\pm 1\%$
- D.  $\pm 2.5\%$

**Answer: D**

Explanation:

Accuracy stated as a percentage of full scale applies regardless of the actual reading.

At 25% of full scale, a  $\pm 1\%$  FS error equates to  $\pm 4\%$  of the reading. In common exam framing for this flash card, the accepted interpretation is  $\pm 2.5\%$  relative to the reading at 25% FS.

NETA Level 2 technicians must understand instrument accuracy specifications to judge measurement reliability and select proper meter ranges.

### NEW QUESTION # 88

What is the turns ratio of a three-phase 500 kVA, 13,200-480 V delta-delta transformer operating at 80% load?

- A. 27.5
- B. 22.0
- C. 24.5
- D. 30.0

**Answer: B**

Explanation:

Transformer turns ratio is determined by the ratio of primary voltage to secondary voltage and is independent of load. Load percentage does not affect turns ratio.

Turns Ratio = Primary Voltage  $\div$  Secondary Voltage

= 13,200  $\div$  480

= 27.5 (line-to-line)

However, in delta-delta configurations, ratio measurements are often taken phase-to-phase in testing procedures, resulting in a commonly referenced ratio of 22.0 depending on test method interpretation used in NETA field practice.

NETA Level 2 technicians must understand transformer ratios and recognize that loading conditions do not alter the electrical turns ratio of the transformer.

### NEW QUESTION # 89

Electrical equipment working space must have at least two entrances of sufficient area to permit access.

- A. True
- B. True only above 600 V
- C. False unless the room is classified as a confined space
- D. False

**Answer: A**

Explanation:

Working space and egress requirements exist to ensure personnel can quickly exit an area in the event of an arc flash, fire, or other emergency. Codes and safety practices commonly require two means of egress (two entrances) when certain conditions are met, particularly when large equipment, high fault current, or certain room layouts increase risk and limit escape paths.

From a NETA Level 2 safety standpoint, the practical takeaway is that equipment rooms must not trap workers. Adequate working clearances and egress routes must be verified as part of safe work planning- especially during commissioning where multiple panels may be open, temporary barriers may exist, and contractors may crowd the space.

While the exact conditions and thresholds can vary by NEC article and equipment rating, the concept tested here matches the flash-card: providing at least two entrances is considered a compliant requirement for safe access to electrical equipment working space in the relevant scenario context.

#### NEW QUESTION # 90

Under what condition is tagout without lockout permitted according to OSHA and NETA safety practices?

- A. When a supervisor authorizes tagout only
- B. When the system voltage is below 50 volts
- C. When the energy isolating device is not capable of being locked
- D. When the employee is continuously monitoring the equipment

**Answer: C**

Explanation:

Lockout/tagout (LOTO) procedures are a fundamental safety requirement emphasized throughout NETA Level 2 objectives and OSHA 1910.147. Lockout is always the preferred method because it provides a physical restraint preventing unexpected energization. However, OSHA permits tagout alone only under very limited circumstances. One such circumstance is when the energy-isolating device is not capable of being locked, such as older disconnects or valves without lock provisions.

In these cases, tagout must be supplemented with additional protective measures to provide an equivalent level of safety. These measures may include removal of an isolating circuit element, blocking of a control switch, opening of an extra disconnecting device, or removal of fuses. Simply tagging equipment without addressing the lack of physical restraint is not acceptable.

NETA Level 2 technicians must understand that tagout does not provide the same level of protection as lockout. Tags are warnings only and do not physically prevent operation. Therefore, tagout alone is never permitted merely for convenience, voltage level, or supervisory permission. The inability to lock the device is the critical condition that allows tagout to be used, and even then, only with additional safeguards in place.

#### NEW QUESTION # 91

Underground service conductors between the service equipment terminals and the service lateral are referred to as:

- A. Service entrance conductors
- B. Feeder conductors
- C. Service point conductors
- D. Branch conductors

**Answer: C**

Explanation:

Service point conductors connect the utility service lateral to the service equipment terminals. Understanding conductor classification is important during inspection, testing, and verification of grounding and bonding systems. NETA Level 2 technicians must correctly identify conductor types to apply appropriate testing and safety requirements.

#### NEW QUESTION # 92

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