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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q42-Q47):

### NEW QUESTION # 42

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

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

**Answer: A**

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 # 43

A client in the precontemplation stage of behavior might think to himself:

- A. "I have a plan to lose weight."
- B. "I am so proud I lost weight!"
- C. "I just can't lose weight."
- D. "I am really thinking about how to lose weight."

**Answer: A**

Explanation:

There are five stages of behavioral change. Listed in order of unwilling to change to readiness to change, they are precontemplation, contemplation, preparation, action, and maintenance. People in precontemplation often say, "I can't" or "I won't" about being able to change. People in the contemplation stage often say, "I just may change" or "I'm thinking about it." People in the preparation stage have actively decided to take action at some point soon. In the action stage, a person has decided to implement a consistent change, but has been implementing the new behavior for less than six months. If a person has consistently implemented a change for more than six months, he or she is in the maintenance stage.

#### NEW QUESTION # 44

The hip joint is what type of joint?

- A. Cartilaginous joint
- B. Pivot joint
- C. Hinge joint
- D. Ball-and-socket joint

**Answer: D**

Explanation:

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.

#### NEW QUESTION # 45

A deficiency of which vitamin can lead to difficulty seeing at night and an increased susceptibility to infections?

- A. vitamin A
- B. vitamin B1
- C. vitamin B3
- D. vitamin E

**Answer: D**

Explanation:

Vitamin A known as retinol, is found in foods such as fish liver oils, butter, and egg yolks. It is critical for red blood cell and embryo

development and normal functioning of the eyes, the immune system, and the skin. Vitamin B1 is also called thiamin. A deficiency of this vitamin can lead to beriberi. Symptoms of beriberi can include cardiovascular problems, peripheral neuropathy, and cognitive and psychiatric problems. Vitamin B3 is also known as niacin; a deficiency of this vitamin can cause a disease called pellagra. Pellagra can cause a skin rash, gastrointestinal symptoms, or cognitive difficulties. If untreated, it can also lead to death. Vitamin E is an antioxidant that augments the immune system. It can help prevent cell membranes from being destroyed by harmful free radicals.

#### NEW QUESTION # 46

Which of these muscles is not part of the Rotator cuff?

- A. Teres major
- B. Infraspinatus
- C. Teres minor
- D. Supraspinatus

**Answer: A**

Explanation:

The Supraspinatus is an abductor of the arm. The Infraspinatus and Teres minor are both external rotators. The Subscapularis is the missing muscle of the rotator cuff.

#### NEW QUESTION # 47

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


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