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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q46-Q51):

NEW QUESTION # 46

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 120 to 160
- **B. 85 to 110**
- C. 85 to 145
- D. 75 to 120

Answer: B

Explanation:

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the

target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION # 47

All of the following classes of nutrients provide sources of energy EXCEPT

- A. proteins
- B. vitamins
- C. carbohydrates
- D. fats

Answer: B

Explanation:

Carbon is critical for the energy, production process. Proteins, fats, and carbohydrates-which are all sources of carbon-contribute to a number of functions in the body. They help provide energy so that muscles, nerves, and metabolic processes work normally. Energy, is measured in calories (cal) or kilocalories (kcal). When individuals exercise, they can "turn" energy,, more quickly. Vitamins and minerals are critical for providing essential nutrients that the body needs to maintain normal function: however, they are not a source of energy.

NEW QUESTION # 48

The Rockport is a field test that involves

- A. Stepping up and down continuously for 3 minutes
- B. Walking as fast as possible for 1 mile
- C. Running continuously for 1.5 miles
- D. Walking intermittently for 2 miles

Answer: B

Explanation:

The Rockport 1-mile walk test involves having a client walk as fast as he or she can for a distance of 1 mile. The individual must not run at all during this test. At the end of the test the individual's pulse and heart rate are measured. The Queens College Step Test involves having an individual step up and down on a standardized step height continuously for 3 minutes and then measuring his or her pulse and heart rate after the 3 minutes.

NEW QUESTION # 49

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

- A. "I am so proud I lost weight!"
- B. "I am really thinking about how to lose weight."
- C. "I just can,t lose weight."
- D. "I have a plan to lose weight."

Answer: D

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 # 50

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

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

Answer: D

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 # 51

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