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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

Individuals with osteoporosis

- A. Should not worry about proper breathing techniques
- B. Should not do flexibility training exercises
- C. Should avoid twisting or flexing of the spine
- D. Are not more likely to develop fractures

Answer: A

Explanation:

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people

with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program should be taught proper breathing techniques.

NEW QUESTION # 20

The end of a bone is called the

- A. Epiphysis
- B. Diaphysis
- C. Periosteum
- D. Endosteum

Answer: A

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 21

When working with a trainer, an individual lifts a 10-pound weight straight over her head through a distance of 2.5 feet. How much linear work has been generated?

- A. 25 pound-feet
- B. 4 pound-feet
- C. 50 pound-feet
- D. 7.5 pound-feet

Answer: A

Explanation:

Multiplying the force times the distance through which the force travels will result in the linear work generated. Ten times 2.5 equals 25.

NEW QUESTION # 22

An individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into?

- A. Obese class II
- B. Obese class I
- C. Overweight
- D. Normal

Answer: D

Explanation:

BMI stands for body mass index and it can be calculated by dividing an individual's weight by height squared. In this example, $BMI = 80 \text{ kg} / (1.75 \text{ m})^2$. This results in a BMI of 26.1. BMI values fall into a range. The normal range is 18.5-24.9. The overweight range is 25-29.9. The obese class I range is 30-34.9. The obese class II range is 35-39.9.

NEW QUESTION # 23

The Rockport is a field test that involves

- A. Running continuously for 1.5 miles
- B. Walking intermittently for 2 miles
- C. Stepping up and down continuously for 3 minutes

- **D. Walking as fast as possible for 1 mile**

Answer: D

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 # 24

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