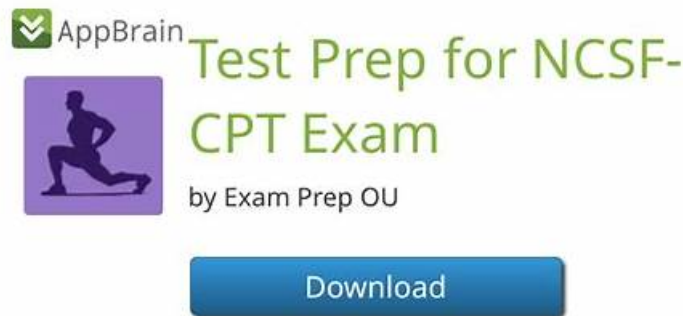


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q12-Q17):

NEW QUESTION # 12

The body recruits type I muscle fibers for activities of

- A. long duration and high intensity
- B. long duration and low intensity
- C. none of the above
- D. short duration and high intensity

Answer: B

Explanation:

The body has two types of muscle fibers: type I and type II. Together, these muscle fibers can do all types of tasks. However, the

body recruits each type during different activities or specific times of an activity, depending on the type and duration of motion required. Type I muscle fibers, also called slow-twitch fibers, are used for activities of long duration and low intensity, such as those involving endurance. In contrast, type II muscle fibers are employed for high-speed, high- power tasks. These muscle fibers are capable of generating force more quickly than type I muscle fibers.

NEW QUESTION # 13

A nonathlete who weighs 80 kg would require _____ grams per day of protein.

- A. 64 grams
- B. 100 grams
- C. 80 grams
- D. 50 grams

Answer: A

Explanation:

The average person's daily requirement for protein is 0.8 g/kg. In other words, multiplying 0.8 by the person's weight in kilograms will give the daily amount of protein in grams needed. For this individual, that would be $80 \times 0.8 = 64$ grams. Athletes require more protein each day-about 1.2 to 2 g/kg of body weight. If this individual were an athlete, he or she would require between 96 and 160 grams of protein per day. In addition to these specific recommendations, it is also recommended that protein account for about 12 to 15% of the total calories a person eats each day.

NEW QUESTION # 14

Common complications of diabetes include all of the following EXCEPT

- A. Peripheral nerve problems
- B. Kidney problems
- C. Hearing problems
- D. Vision problems

Answer: D

Explanation:

Diabetes can lead to kidney problems (nephropathy), trouble seeing (retinopathy), and decreased sensation of peripheral nerves (peripheral neuropathy). If these conditions are present, a trainer needs to adapt an exercise program accordingly. Some precautions that can be taken include keeping the blood pressure stable for retinopathy, avoiding exercise requiring high levels of coordination for peripheral neuropathy, or avoiding prolonged exercise for nephropathy.

NEW QUESTION # 15

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

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

Answer: D

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 # 16

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 25 minutes, 3 days a week of mild intensity aerobic activity

- B. 20 minutes, 5 days a week of vigorous intensity aerobic activity
- C. 30 minutes, 3 days a week of moderate intensity aerobic activity
- D. 30 minutes, 5 days a week of moderate intensity aerobic activity

Answer: B

Explanation:

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

NEW QUESTION # 17

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