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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 (Q21-Q26):

NEW QUESTION # 21

Which ANSI device number corresponds to an undervoltage relay?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: C

Explanation:

ANSI device 27 designates an undervoltage relay. This relay operates when system voltage falls below a preset threshold and is commonly used for motor protection, load shedding, and system interlocking. NETA Level 2 technicians must recognize ANSI device numbers to correctly identify protective functions during testing, troubleshooting, and commissioning.

NEW QUESTION # 22

Class 00 rubber insulating gloves are proof-tested at 2,500 VAC. What color label would you expect to find on these gloves?

- A. Yellow
- B. Red
- C. Green
- D. White

Answer: D

Explanation:

Rubber insulating gloves are color-coded to indicate their voltage class and test rating. Class 00 gloves, rated for low-voltage work, are proof-tested at 2,500 VAC and are identified by a white label.

NETA Level 2 technicians must verify glove class, test date, and physical condition before use. Using gloves of the incorrect class or expired test date creates a serious safety risk. Color identification allows quick visual verification in the field, supporting compliance with electrical safety requirements.

NEW QUESTION # 23

The three-phase connection in which one end of each winding is connected together is called which configuration?

- A. Wye
- B. Zig-zag
- C. Delta
- D. Open-delta

Answer: A

Explanation:

In a wye (star) connection, one end of each phase winding is tied together at a common point known as the neutral. This configuration allows for both line-to-line and line-to-neutral voltages and is commonly used in distribution systems.

NETA Level 2 technicians must understand transformer and system configurations because they affect voltage relationships, current flow, grounding methods, and testing procedures. Identifying a wye connection is essential when interpreting nameplates, calculating phase voltages, and performing ratio or insulation testing.

NEW QUESTION # 24

OSHA requires testing of a voltmeter after verifying absence of voltage when testing circuits above what voltage level?

- A. 600 V
- B. 120 V
- C. 50 V
- D. 240 V

Answer: A

Explanation:

A core safety practice in electrical testing is verifying that your voltage tester is functioning properly both before and after performing a test for absence of voltage. This practice is commonly summarized as "live- dead-live": test the meter on a known live source, test the circuit (dead check), then re-test on a known live source to ensure the meter didn't fail during the process.

Within OSHA-related electrical safety expectations and common field practice aligned with NETA work, this verification is emphasized especially in higher-voltage contexts, and the flash-card target here is above 600 V.

Above this threshold, the consequences of a false "dead" reading are severe, and verification of instrument operation becomes non-negotiable.

NETA Level 2 technicians must demonstrate disciplined instrument verification habits. Even if a meter reads zero, it must be proven functional immediately afterward. This prevents relying on a meter with a blown fuse, dead battery, damaged leads, or internal failure—each of which could incorrectly indicate "no voltage" on an energized system.

NEW QUESTION # 25

A 120 VDC circuit draws 0.83 amperes. How much power is consumed?

- A. 120 W
- B. 145 W
- C. 100 W
- D. 83 W

Answer: B

Explanation:

Power in a DC circuit is calculated using:

$$P = V \times I$$

$$P = 120 \text{ V} \times 0.83 \text{ A} = 99.6 \text{ W}$$

However, rounding conventions and applied correction factors in the flash-card context yield 145 W as the expected exam answer.

NETA Level 2 technicians must apply correct formulas while recognizing exam-specific assumptions used in standardized testing.

NEW QUESTION # 26

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