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Question: 1

Which of the following best describes the movement that occurs during the eccentric phase of the machine back extension exercise?

- A. Extension of the lumbar spine
- B. Flexion of the lumbar spine
- C. Hyperextension of the lumbar spine

Answer: B

Explanation:

The concentric movement during the machine back extension is extension of the lumbar spine. Clients should be careful to avoid hyperextension during this move. In order to return to the starting position and perform the eccentric phase of the move, clients need to perform controlled lumbar flexion (using the lumbar extensors eccentrically).

Question: 2

Which of the following is a correct cue regarding the performance of the prone leg curl?

- A. The knee should be aligned with the axis of the machine.
- B. Place the knees on top of the thigh pad, close to the edge
- C. Place the front of the ankle on the ankle pad

Answer: A

Explanation:

The prone leg curl targets the hamstrings. To perform this exercise correctly:

- Lie on your stomach on the machine and line the knees up with the axis of the machine. This should place the knees slightly off the edge of the thigh pad.
- Hook the feet under the ankle pads so that the pads are just above the heels and grasp the handles
- Maintaining this body position, bend the knees to bring the heels up toward the glutes without allowing the hips to raise up off the machine pad
- Slowly allow the legs to extend, but do not lock the knees
- Be sure to keep the legs and feet parallel to each other throughout the exercise

Question: 3

Which of the following is an example of manual resistance training?

- A. A trainer pushing on a client's back as they perform pushups
- B. A client performing bicep curls with dumbbells
- C. A client performing pullups with a band resisting the movement
- D. A client using suspension straps to resist the movement during squats

Answer: A

Explanation:

Manual resistance training is the force applied to a body movement by a partner or trainer. For instance, pushing on a client's back while they are performing pushups is an example of manual resistance training. This type of resistance allows the trainer to modify the amount of force encountered throughout the motion, helping to work on weak points of the movement/range of motion.

Bicep curls with dumbbells is an example of free weight training. Suspension straps assisting during squats and bands assisting during a pullup are examples of assistance exercises.

Question: 4

Which of the following injuries would be considered an overuse injury?

- A. Tendonitis
- B. Muscle strain
- C. Muscle contusion

Answer: A

Explanation:

Tendonitis is correct because this is the inflammation of a tendon caused by repeated dysfunctional movement. This microtrauma injury is frequently associated with swelling and pain around the injured tendon. If left uncorrected or if the tissue is not allowed to fully heal, this may lead to tendinosis.

Muscle contusion is incorrect because this occurs from a sudden and forceful blow to the body. Muscle strain is incorrect because this is the result of an abnormal muscle action leading to a stretching or tearing of the muscle fibers.

Question: 5

What is the estimated daily energy expenditure of a 120-pound female who participates in light activities daily?

- A. 2,400 calories
- B. 1,920 calories
- C. 2,040 calories

Answer: B

Explanation:

1,920 calories is correct because the estimated daily caloric needs of this individual is 16 kcal/pound. When calculated with her weight, 120 pounds, her estimated daily caloric expenditure is $120 \text{ kcal/lb} \times 120 \text{ lb} = 1,920 \text{ kcal}$. It is nearly impossible to get a true caloric output; therefore, estimations are needed.

2,040 calories is incorrect because this would be the caloric need if the individual participated in moderate activity. 2,400 calories is incorrect because this is the caloric need of a 120-pound female who participates in a heavy level of activity.

Question: 6

If a personal trainer is working in a location where they are legally allowed to provide nutritional guidance, under what circumstance should they refer a client to a nutritional professional such as a licensed nutritionist or registered dietician? (Answer based solely on the information provided)

- A. For a client with osteoporosis
- B. For an overweight client interested in weight loss
- C. For an athletic client interested in weight gain

Answer: A

Explanation:

Any individual with a diagnosed disease should always be referred to a nutritional professional. This is known as medical nutrition therapy and should be used for individuals with conditions such as:

- osteoporosis
- gastrointestinal disorders
- eating disorders
- heart disease
- elevated cholesterol

Regardless of the licensure requirements that exist where a personal trainer conducts business, individuals with diseases such as those in the above list require greater assistance in determining their nutritional needs and to provide guidance for their goals.

It's helpful for a personal trainer to establish a professional connection with licensed nutritional professionals who can provide these services and to whom they can refer clients as needed.

Question: 7

What is the minimum space needed and optimal space recommended between benches in a resistance training area and also between cardiovascular machines?

- A. Minimum: 2 feet; optimal: 3 feet
- B. Minimum: 3 feet; optimal: 4 feet
- C. Minimum: 18 inches, optimal: 2 feet

Answer: A

Explanation:

The NSCA Safety Checklist provides specific guidelines on spacing and maintenance of the equipment in an exercise facility and is a great resource for personal trainers to use to provide a safe training environment.

It's important to perform safety checks on a regular basis and perform equipment maintenance as recommended. In addition, the placement of equipment based on type and activity is an important consideration in the layout of a facility.

Different types of equipment have different spacing requirements. For example, an Olympic lifting platform area requires bars to be spaced at least 3 feet between the ends of the bars. Benches in free weight areas and resistance training machines and cardiovascular training machines need a minimum of 2 feet between pieces of equipment, and 3 feet is optimal.

Equipment can certainly be placed farther apart. However, the recommended spacing helps to use the space efficiently, providing the necessary spacing to ensure safety while maximizing the space in the facility.

Question: 8

Which of the following clients would benefit least from lower-body plyometric exercises being incorporated into their program?

- A. A rowing athlete
- B. An arm-wrestling competitor
- C. A basketball player
- D. An older individual who is having trouble getting up from the couch

Answer: B

Explanation:

Nearly every athlete, and every client in general, could benefit from lower body plyometrics. However, of the options listed, the arm wrestler would have the least need for lower-body plyometrics, as their program should focus more on upper-body plyometric work in order to be more specific to their sport. Older people benefit from lower body plyometrics in order to complete daily tasks, such as standing up from a couch. Basketball players and rowing athletes need significant plyometric strength in their lower bodies.

Question: 9

What instructions should be given to a client for the upward movement phase of the seated barbell shoulder press?

- A. Allow the wrists to extend slightly as you push the bar overhead
- B. Push with the legs to assist pushing the bar overhead with the arms
- C. Push the bar overhead while keeping the wrists right above the elbows

Answer: C

Explanation:

The upward movement phase of the seated barbell shoulder press involves pushing the bar from the clavicles to arm's length overhead. During this movement phase, the wrists should stay directly over the elbows, and the wrists should not extend.

The feet should be firmly planted on the floor for stability as part of the five-point body contact position, but the lifter should not push through the legs to assist with the lift. The shoulder press targets the anterior and medial deltoids, trapezius, and triceps brachii, not the legs.

As the bar passes the head, the lifter can extend their neck to bring the head out of the way so that they can push the bar upward in a relatively straight line. They should not be able to lean back, as their shoulders should already be in contact with the back of the seat, also as part of the five-point body contact position.

Question: 10

During a negligence claim, which of the following is determined by a jury?

- I. Duty
- II. Breach of duty
- III. Sentence for the accused
- IV. Damages for the plaintiff

- A. I and IV only
- B. II and IV only
- C. II and III only

Answer: B

Explanation:

II and IV only is correct because once the applicability of duty has been determined by a judge, the jury will determine whether the personal trainer breached that duty, and if so, what amount of money is to be awarded for such a breach. If duty is not deemed applicable, a jury will not be used and the case will be dismissed. Claims of negligence fall under tort law within the civil judicial system.

I and IV only is incorrect because duty is determined by a judge. II and III only is incorrect because in negligence claims, personal trainers must pay damages, not serve sentences.

Question: 11

Which of the following variables are needed to calculate maximal oxygen consumption during the Rockport walking test?

- I. Body weight (in pounds)
- II. Age
- III. Time of day test is being completed
- IV. Heart rate immediately after completion
- V. Gender

- A. II, IV, and V only
- B. I, II, IV, and V only
- C. I, III, and V only

Answer: B

Explanation:

I, II, IV, and V are correct because the equation to determine VO₂max as a result of the Rockport walking test is $VO_{2max} = 132.0853 - (0.0769 \times \text{Bodyweight(lb.)}) - (0.3877 \times \text{Age}) - (6.315 \times \text{Gender}) - (3.2649 \times \text{Time}) - (0.1565 \times \text{Heart Rate})$ where gender is equal to zero for females and one for males.

Time refers to completion time and not the time of day.

This is the field test used to estimate maximal oxygen consumption that has the most variables. This test is especially useful for testing older or sedentary clients.

I, III, and V only is incorrect because age and heart rate are variables used to determine VO₂max. II, IV, and V only is incorrect because body weight and time are utilized to determine VO₂max as well.

Question: 12

Which of the following is the minimum requirement for an individual to be considered not leading a sedentary lifestyle?

- A. 30 minutes of light activity four days per week for four months
- B. 30 minutes of moderate intensity activity three days per week for three months
- C. 60 minutes of moderate intensity activity three days per week for three months

Answer: B

Explanation:

30 minutes of moderate intensity activity three days per week for three months is correct because this fits within the guidelines of the U.S. Surgeon General. Not participating in this amount of physical activity would be considered a sedentary lifestyle and is a positive risk factor for coronary artery disease. This is a minimum recommendation, and a greater duration, intensity, or frequency would only benefit an individual.

60 minutes of moderate intensity activity three days per week for three months is incorrect because this duration is longer than the minimum. 30 minutes of light activity four days per week for four months is incorrect because the frequency and total duration are longer than the required minimum.

Question: 13

A volleyball athlete performs walking lunges prior to completing their workout. Which of the following is the best description of how this movement is being used in this instance?

- A. As part of a progressive resistance training exercise program to build muscular endurance
- B. As part of a progressive resistance training exercise program to build muscular power
- C. As part of a dynamic warm-up

Answer: C

Explanation:

Dynamic warm-ups are an effective method of increasing range of motion (ROM) that involves performing functional movements. The individual purposely moves their joints through a large ROM in a controlled manner. Movements typically used for dynamic stretching resemble movements performed in daily life and also during exercise. Dynamic stretching is a great method to use prior to activity.

It's important to remember the following guidelines for dynamic stretching:

- Always perform a general warm-up before performing any type of stretching to increase the core and tissue temperature
- Never force the stretch
- Select functional movements such as lunge walks and arm circles
- Consider the needs of the individual when selecting dynamic stretches. Select exercises that help provide the ROM necessary for the movements and positions they need for their workout and daily activities.

While the walking lunge can be used for both building muscular endurance and muscular power, it is being used as a warm-up in this scenario.

Question: 14

All the following are generally included in a client-trainer agreement except:

- A. Description of the cancelation policy
- B. A PAR-Q
- C. Documentation of services provided

Answer: B

Explanation:

A client-trainer agreement is helpful in creating a formal agreement that outlines the expectations of both the client and the personal trainer. It may include detailed information about the program, which might include:

- the services to be provided
- the identification of the client and the personal trainer
- a description of the cancellation policy
- the program cost structure and information on the payment process

The Physical Activity Readiness Questionnaire (PAR-Q) is a beneficial screening tool that helps identify those who need further medical screening. However, this is completed separately from the client-trainer agreement.

Question: 15

The product of which of the following two cardiovascular variables combine to determine the rate of blood transportation throughout the body?

- I. Heart rate
- II. Plasma volume
- III. Arteriovenous oxygen difference
- IV. Stroke volume

- A. I and IV only
- B. II and IV only
- C. II and III only

Answer: A

Explanation:

I and IV only is correct because the rate of blood transported throughout the body depends on the amount of blood that can be pumped by the heart per beat (stroke volume) and the number of heartbeats per unit of time (heart rate). This rate of blood transportation is known as the cardiac output. This increases dramatically in response to exercise because both heart rate and stroke volume rise with increased exercise intensity.

II and III only is incorrect because neither variable contributes to cardiac output. II and IV only is incorrect because plasma volume does determine the rate of blood transportation.

Question: 16

Which of the following is a common error when performing the pretzel stretch?

- A. Placing the elbow on the outside of the knee
- B. Keeping the back straight
- C. Lifting the buttocks off of the floor
- D. Keeping the non-stretch leg extended

Answer: C

Explanation:

During the pretzel stretch, the buttocks should remain on the floor throughout the entirety of the stretch.

During the stretch, the back should remain straight, the elbow should be on the outside of the knee, and the non-stretched leg should be extended.

Question: 17

Which of the following is not a symptom of overtraining from resistance exercise?

- A. Sleep disturbances
- B. Increased appetite
- C. Decreased strength gains

Answer: B

Explanation:

Increased appetite is correct because overtraining from resistance exercise typically results in the opposite, a decreased appetite. Overtraining from resistance exercise usually occurs because of too much volume and too much intensity. There is a multitude of symptoms that result from this overtraining that affect the physical, psychological, and emotional well-being of the client. Decreased strength gains and sleep disturbances are incorrect because these are symptoms of overtraining from resistance exercise.

Question: 18

What is the primary goal of a client with peripheral vascular disease?

- A. Increase activity duration
- B. Increase muscle mass
- C. Decrease resting blood pressure

Answer: A

Explanation:

Increase activity duration is correct because often clients with this condition cannot perform activity for more than a few minutes without severe pain. In addition to this goal, an individual wants to improve gait and, ultimately, their quality of life. This client's aerobic conditioning will have little to do with cardiovascular improvements because decreasing the pain of daily activities such as walking plays a much larger role.

Decrease resting blood pressure is incorrect because this population cannot exercise for enough duration to lead to this adaptation. Increase muscle mass is incorrect because this will not decrease the pain response.

Question: 19

In states in which the release of liability documents is not recognized or is prohibited, which of the following should be used in their place to help protect a personal trainer against liability?

- A. Waiver
- B. Assumption of risk document
- C. Informed consent

Answer: B

Explanation:

Assumption of risk document is correct because this stand-alone document acknowledges a participant's voluntarily knowing, understanding, and agreeing to assume those ordinary and reasonable risks associated with certain activities. This indicates that as long as a personal trainer is operating within the industry standards and guidelines, they can expect to be protected from liability. This assumption of risk aids in removing the duty of a personal trainer when an injury to the client occurs during training.

Informed consent is incorrect because this is a description of a procedure. Waiver is incorrect because this is another name for a release of liability, which in this case is not allowed.

Question: 20

A personal trainer has assigned hypertrophy training to a client to optimize muscle size before assigning muscular strength training to maximize strength. The trainer has made use of which type of variation?

- A. Sequenced variation
- B. Purposeful variation
- C. Within-week variation

Answer: A

Explanation:

Sequenced variation is correct because this is an example of using the adaptations stimulated by one period of training to exert a powerful effect on the next period of training. This can result in a summation of training effect and make the training program incrementally more effective. Sequenced variation is also seen when strength gains are optimized for muscular power training to be more effective.

Purposeful variation is incorrect because this is used to expose the client to different training stimuli to continue adaptation. Within-week variation is incorrect because this varies the intensity of training across the selected week.

Question: 21

You are designing a program for an obese individual. The client asks you why exercise is a necessary part of her program when she has been losing weight through diet changes alone. Which of the following is a benefit of exercise in a weight loss program?

- A. Reduces the risk of disease more than the weight loss itself
- B. Increases insulin resistance
- C. May decrease resting metabolic rate
- D. Decreases energy expenditure

Answer: A

Explanation:

Exercise, in and of itself, decreases the risk of diseases more than simply losing weight alone.

Exercise decreases insulin resistance, increases or minimizes decreases in resting metabolic rate, and increases energy expenditure.

Question: 22

A 23-year-old male has a BMI of 31 but shows no signs of hypertension, dyslipidemia, or metabolic disease and has no family history of cardiovascular disease. Which of the following types of programs is he recommended to participate in?

- A. Unsupervised program
- B. Supervised program
- C. Medically supervised program

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| Answer: A |
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Explanation:

Unsupervised program is correct because this client, with only one risk factor, could be considered low risk. Physical activity would greatly benefit this individual. A combination of one or two weekly training sessions with a personal trainer with prescribed or self-directed unsupervised sessions is recommended for this client.

Supervised program and medically supervised program are incorrect because this client is at low risk and does not require this level of intervention.

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