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QUESTION 1

Which exercise would you recommend to target the latissimus dorsi?

- A. Pull-up
- B. Push-up
- C. Lateral raise
- D. Incline press

Correct Answer: A

QUESTION 2

Which teaching sequence is the BEST way to teach a client a new multi-joint, strength-training exercise

(e.g.

overhead press)?

A.

Explain the exercise to the client, demonstrate the exercise, assist the client in performing the exercise with a light weight to acquire a kinesthetic sense for the movement, and provide performance feedback.

B.

Explain the exercise to the client, have the client perform the exercise with a light weight to acquire

kinesthetic awareness, and provide performance feedback.

C. While demonstrating the exercise to the client, identify correct and incorrect technique then have the client perform repetitions mirroring your performance.

D. Assess 1RM max of individual components involved in lift. Demonstrate the exercise to the client then have the client perform the exercise at 70% of 1 RM score to ensure safety.

Correct Answer: A

QUESTION 3

Watch the attached video to answer the following question What does the movement screen shown in the video determine about a client?

- A. Readiness to perform a one-repetition maximum for the squat and deadlift
- B. Mobility of the torso and bilateral stability of the feet, knees, and hips
- C. Muscular endurance of the quadriceps, gluteus maximus, hamstrings, and core



D. Stability of the trunk and symmetrical stability and mobility of the lower extremity

Correct Answer: C

QUESTION 4

You are working with a high school track and field athlete training for the long jump event. He is very compliant with his resistance training and speed work each week but routinely skips working on flexibility. Which of the following would BEST reinforce the need for increased flexibility?

- A. Explaining the length-tension relationship of skeletal muscle as it relates to contractile force and performance
- B. Describing how increasing muscle fiber size will increase muscle contractile force and performance
- C. Stressing the importance of flexibility work as a component of a comprehensive fitness program
- D. Informing him that he will need to comply with all aspects of his program if he wants to achieve his goals

Correct Answer: A

QUESTION 5

Some aspects of personal training require the trainer to touch the client. To avoid offending the client, the personal trainer should do which of the following?

- A. Discreetly touch the client in an appropriate manner.
- B. Touch the client as he or she will eventually get used to it.
- C. Explain the need and ask permission to touch the client.
- D. Design programs that eliminate the need to touch the client.

Correct Answer: C

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