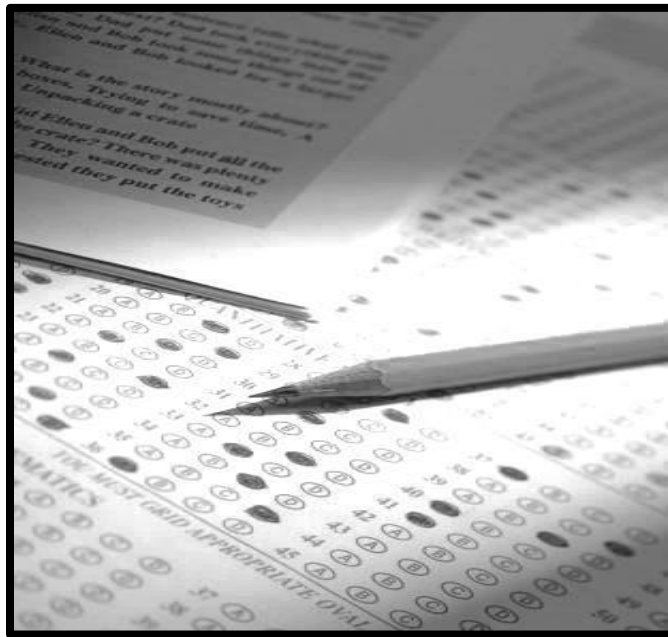




Group Exercise Instructor Certification

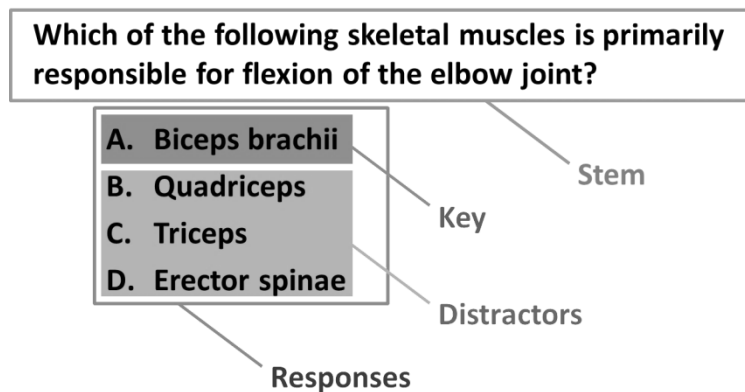
Practice Exam



(Item #: 14)

Thank you for investing in NETA's Group Exercise Instructor Certification Practice Exam. The purpose of this practice exam is to test your knowledge and understanding of the subject matter and key concepts that may appear on the actual certification exam. The practice exam also serves to familiarize you with common multiple-choice question formats and to reinforce your self-guided study for the certification exam. The sample questions contained within this practice exam are NOT actual questions appearing on the certification exam. However, every effort has been made to ensure that the sample questions contained within this practice exam are representative of the breadth and depth of subject matter to be seen on the actual certification exam. Candidates for NETA's NCCA-accredited Group Exercise Instructor Certification Exam are encouraged to refer to the **Group Exercise Instructor Study Guide**, located on NETA's website (www.netafit.org) for a comprehensive overview of the subject matter to be studied in preparation for the certification exam.

The most common type of question found on certification examinations is the multiple-choice question. All multiple-choice questions consist of two basic parts: the stem and the response options. The stem is the introductory statement or question that allows the candidate to understand what is being asked or assessed, and elicits the correct response. The stem may be written as a direct question, an incomplete statement, or in a best-answer format. The responses are suggested options that answer the question or complete the statement presented in the stem, only one of which is the correct answer (known as the key) and the remaining three are incorrect responses (known as distractors).



There are generally three types of multiple-choice questions that appear on certification exams: recall, application, and analysis. These types of questions may be arranged on a continuum such that recall questions are the most basic, application questions require more thought, and analysis questions involve the highest level of cognitive processing and problem solving. A recall question requires that you simply remember facts, definitions, rules, guidelines, etc. Application questions require that you apply knowledge to a certain situation. Analysis questions require you to take more than one piece of information into consideration and recognize the relationship between the information and/or variables presented in order to identify a problem and an appropriate solution.

NETA's actual Group Exercise Instructor Certification Exam consists of 120 multiple-choice questions using four response options (A-D), of which 100 questions are scored and 20 questions are experimental (i.e., 'pre-test'). The experimental questions are undergoing a pre-testing process to evaluate performance and validity of each item before introduction on future exams as scored questions. The experimental questions are randomly placed throughout the exam so candidates are blinded as to which are among the 100 scored and the 20 experimental questions. Candidate responses to experimental questions do NOT affect the score or pass/fail status of their exam. Candidates are permitted up to 120 minutes to complete the exam. Please refer to the **Exam Candidate Handbook** located on NETA's website for important information, policies, and procedures regarding NETA's NCCA-accredited Group Exercise Instructor Certification Exam.

Please remember that the following practice exam is intended to be one of many tools utilized by candidates preparing for NETA's Group Exercise Instructor Certification Exam. Successful performance on this practice exam does not guarantee a positive outcome on the actual certification exam. Candidates are again encouraged to review the **Group Exercise Instructor Study Guide** for a comprehensive list of content areas to be studied and the recommended resources to support your preparation for the certification exam. **To successfully prepare for the certification exam, NETA recommends that candidates devote an appropriate amount of time (e.g., at least 30-45 days) and effort to self-directed study prior to attempting the actual certification exam.**

If you have questions regarding preparation for NETA's Group Exercise Instructor Certification Exam, please contact NETA's Education Department at 1-800-237-6242.

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Group Exercise Instructor Practice Exam

1. Which energy system is dominant during the 30-second work intervals performed in a high-intensity interval training (HIIT) class?
 - A. Phosphagen system
 - B. Anaerobic glycolysis
 - C. Aerobic glycolysis
 - D. Fatty acid oxidation
2. Which strategy is most likely to establish a positive environment for a group exercise class?
 - A. Face the mirror throughout the class.
 - B. Wear fashionable exercise apparel.
 - C. Compliment participants on their physical appearance.
 - D. Smile and make eye contact as participants arrive for class.
3. As a group exercise instructor walks toward the studio to prepare for class, a club member approaches to ask some questions about the class format. The member indicates that she has heard good things about the class and she is interested in attending, but is not sure if she will be able to keep up and is nervous that she may have sore muscles following the class. At this time, she has not committed to giving the class a try. Based on this information, in what stage of the transtheoretical model is this member with regard to attending the group exercise class?
 - A. Precontemplation
 - B. Contemplation
 - C. Preparation
 - D. Action
4. What is the ability to perform repeated submaximal muscle contractions over a short period of time?
 - A. Cardiorespiratory endurance
 - B. Muscular strength
 - C. Muscular endurance
 - D. Specificity
5. According to the American College of Obstetricians and Gynecologist (ACOG), which statement is true with regard to exercise during an uncomplicated pregnancy?
 - A. Avoid motionless postures and the supine position after the first trimester.
 - B. Do not elevate heart rate above 140 b/min during the second and third trimesters.
 - C. Limit participation in water aerobics classes and swimming due to risk of hypoxia.
 - D. Minimize free-weight resistance training exercises due to increased joint laxity.

6. One grapevine to the right, one grapevine to the left, and two step touches in each direction equal how many counts of choreography?
 - A. 8
 - B. 12
 - C. 16
 - D. 24

7. Which scenario is against the law and a violation of NETA's Professional Code of Ethics for a group exercise instructor?
 - A. Allow their adult CPR/AED and first aid certifications to expire.
 - B. Play copyrighted music in a group fitness class without paying required licensing fees.
 - C. Educate class participants about dietary guidelines for overall health and well-being.
 - D. Require class participants to complete a Physical Activity Readiness Questionnaire (PAR-Q).

8. What is the rate of speed at which music is played?
 - A. Rhythm
 - B. Upbeats
 - C. Measure
 - D. Tempo

9. What is the most likely outcome among class participations if a cue is delivered by the group exercise instructor 2 to 4 beats ahead of time?
 - A. Miss a beat or step
 - B. Move on time
 - C. Move too early
 - D. Move too late

10. Which movement maintains directional momentum following an 8-count grapevine right and left?
 - A. Alternating heel digs for 8 counts
 - B. Hustle forward and back for 8 counts
 - C. Step touches right and left for 8 counts
 - D. Knee lifts for 8 counts

11. A 34-year-old female class participant has a resting heart rate of 72 b/min. Using the Karvonen formula, what is her target heart rate at 65% of heart rate reserve?
 - A. 121 b/min
 - B. 146 b/min
 - C. 157 b/min
 - D. 186 b/min

12. Which is recommended during the concentric phase of a resistance training exercise?
- A. Breath holding
 - B. Valsalva maneuver
 - C. Inhalation
 - D. Exhalation
13. According to the Dietary Guidelines for Americans, which strategy is recommended for most adults?
- A. Limit both saturated fats and added sugars each to less than 10% of daily calories.
 - B. Decrease daily intake of potassium to reduce the risk of high blood pressure.
 - C. Shift food choices to those with a high caloric density.
 - D. Increase lean protein intake to at least 35% of daily calories.
14. What are the primary joint actions during the concentric phase of a stationary lunge?
- A. Hip abduction and spinal flexion
 - B. Knee flexion and ankle dorsiflexion
 - C. Hip extension and knee extension
 - D. Knee extension and hip adduction
15. A class participant indicates that they learn best by observing demonstrations and get easily confused by verbal explanations. Which learning style is most likely to be dominant for this participant?
- A. Auditory
 - B. Visual
 - C. Olfactory
 - D. Kinesthetic
16. Which source of motivation is likely to be most effective for long-term adherence to an exercise program?
- A. A sense of enjoyment and gratification associated with exercise
 - B. A compliment from another class participant regarding recent weight loss
 - C. A health insurance reimbursement for visiting the fitness center a minimal number of times per month
 - D. A call-out of positive recognition from a group exercise instructor during class
17. Which volume of music is appropriate during a high-impact group exercise class?
- A. 85 decibels (dB)
 - B. 95 decibels (dB)
 - C. 105 decibels (dB)
 - D. 115 decibels (dB)

18. Which source of nutrition information is likely to be the most credible, accurate, and reliable?
 - A. A best-selling book authored by a homeopathic doctor
 - B. An Internet blog post written by a nutrition specialist
 - C. A consensus paper published by a reputable non-profit organization
 - D. An e-commerce website that provides nutrition products and dietary supplements
19. During which segment of a group exercise class is it most appropriate to perform static stretching exercises?
 - A. Warm-up
 - B. Cardiorespiratory segment
 - C. Muscular conditioning segment
 - D. Cool-down
20. Which adaptation is expected in response to a regular cardiorespiratory exercise program?
 - A. Decreased resting heart rate
 - B. Increased number of type IIb muscle fibers
 - C. Increased diastolic blood pressure at rest
 - D. Decreased left ventricular stroke volume of the heart
21. Which exercise is an appropriate choice to target the muscles that function antagonistically to the primary muscles involved in a modified push-up?
 - A. Dumbbell chest press
 - B. Barbell bend-over row
 - C. Dumbbell kickback
 - D. Barbell shoulder press
22. Which is an appropriate tempo for music played during an indoor group cycling class?
 - A. 100 bpm
 - B. 115 bpm
 - C. 125 bpm
 - D. 140 bpm
23. Which macronutrient should represent the highest proportion of daily calories to support a physically active lifestyle?
 - A. Fat
 - B. Vitamins
 - C. Protein
 - D. Carbohydrates
24. Which choreography combination creates a 32-count phrase?
 - A. 4 step touches, 4 v-steps, 4 heel taps
 - B. 2 step touches, 4 v-steps, 4 heel taps
 - C. 4 step touches, 2 v-steps, 6 heel taps
 - D. 2 step touches, 6 v-steps, 4 heel taps

25. Which symptoms are commonly associated with exercise-induced bronchospasm?
- A. Drooping through one side of the face and difficulty speaking
 - B. Coughing, wheezing, chest tightness, and dyspnea
 - C. Diffuse pain through the lower abdominal region
 - D. Prolonged or intermittent pressure or pain in the chest, upper arm, and jaw
26. Which movement provides the best rehearsal effect for a jumping jack?
- A. V-step
 - B. Turn step
 - C. Hamstring curl
 - D. Knee lift
27. According to the Physical Activity Guidelines for Americans, what is the minimum daily amount of moderate-to-vigorous physical activity recommended for children and adolescents?
- A. 30 minutes
 - B. 60 minutes
 - C. 90 minutes
 - D. 150 minutes
28. Which modification is appropriate to reduce the resistance torque generated during the dumbbell lateral raise exercise?
- A. Reduce the speed of each repetition
 - B. Select a heavier dumbbell
 - C. Bend the elbows slightly
 - D. Stand with a wider base of support
29. Using the category-ratio scale, which rating of perceived exertion (RPE) corresponds to a moderate intensity of exercise?
- A. 3
 - B. 6
 - C. 10
 - D. 14
30. Which group exercise class format is most appropriate for a middle-age female having a primary goal to maintain bone mineral density?
- A. Indoor cycle
 - B. Aqua-aerobics
 - C. Mat Pilates
 - D. High-impact step
31. As a group exercise instructor, which is the most appropriate response to an acute exercise-related musculoskeletal injury sustained by a class participant?
- A. Apply ice to the injured area to manage pain and swelling.
 - B. Examine the injured area to determine the specific type of injury.
 - C. Apply a tourniquet to minimize inflammation around the injured body part.
 - D. Recommend home exercises to begin rehabilitation of the injured area.

32. Which activity involves the greatest recruitment of type IIb muscle fibers?
 - A. Tree pose in a Hatha yoga class
 - B. Steady state phase of an indoor cycle class
 - C. Work interval of a HIIT class
 - D. Warm-up of a low-impact step class
33. Which exercise is performed primarily in the frontal plane of motion?
 - A. Forward lunge
 - B. Dumbbell lateral raise
 - C. Barbell biceps curl
 - D. Dumbbell bent-over row
34. Which response suggests that a regular class participant may be experiencing overtraining syndrome?
 - A. Decreased resting and submaximal exercise heart rate
 - B. Increased motivation and desire to exercise
 - C. Increased immune system function
 - D. Decreased time to onset of fatigue during normal exercise routine
35. Which term refers to a group exercise instructor's failure to act in a manner consistent with the generally accepted standards of care, resulting in an injury to a class participant?
 - A. Assumption of risk
 - B. Contraindication
 - C. Negligence
 - D. Liability
36. Which document is commonly used as a self-guided preparticipation screening tool?
 - A. International Physical Activity Questionnaire (IPAQ)
 - B. Physical Activity Readiness Questionnaire (PAR-Q)
 - C. Medical Clearance for Exercise Participation (MCEP)
 - D. Informed Consent and Liability Release (ICLR)
37. Jogging in place is a variation of which base movement?
 - A. Step touch
 - B. Jumping jack
 - C. V-Step
 - D. March
38. According to the American College of Sports Medicine (ACSM), which guideline for resistance training is recommended for most healthy adults?
 - A. Exercises should be performed using controlled and deliberate movements.
 - B. Exercises targeting small muscles should be performed early in a routine.
 - C. Perform the Valsalva maneuver during the eccentric phase of an exercise.
 - D. Perform each exercise through a partial range of motion to minimize risk of injury.

39. Which energy system is associated with metabolic acidosis resulting in the onset of fatigue?
- A. Phosphagen system
 - B. Anaerobic glycolysis
 - C. Aerobic glycolysis
 - D. Fatty acid oxidation
40. What joint action does the quadriceps muscle group create during a body weight squat?
- A. Knee flexion
 - B. Hip flexion
 - C. Knee extension
 - D. Hip extension
41. Which position is most likely to suggest that a class participant is unwilling to interact?
- A. Sustained eye contact and a positive facial expression
 - B. Standing tall with arms relaxed to the sides of body
 - C. Standing with hands gently clasped in front of the lower abdomen
 - D. Gazing downward with arms crossed over the front of body
42. According to findings from the National Weight Control Registry, which behavior is characteristic of those able to successfully maintain weight loss?
- A. Consume a very low-calorie diet of less than 1,000 calories per day.
 - B. Monitor body weight both in the morning and evening each day of the week.
 - C. Attend strength-based group exercise classes at least 2 times each week.
 - D. Perform moderate-intensity physical activity totaling at least 300 minutes per week.
43. Which verbal cue is appropriate when teaching a bent-over barbell row?
- A. Lock your knees to increase lower body stability.
 - B. Maintain an anterior pelvic tilt with a rounded lumbar spine.
 - C. Retract and depress the shoulder blades.
 - D. Pull the bar upward across the midline of the chest.
44. Several participants in an active older adult exercise class indicate that they take prescribed beta-blocker medications to manage high blood pressure. Which method is most appropriate to monitor the exercise intensity among these participants?
- A. Rating of perceived exertion (RPE) using the category-ratio scale
 - B. Metabolic equivalents (METs)
 - C. Percentage of oxygen consumption reserve (VO_2R)
 - D. Target heart rate derived from age-predicted maximum heart rate (HR_{max})
45. Which principle of training indicates that the physical and physiologic adaptations attained from exercise are directly correlated to the type of exercise performed?
- A. Overload
 - B. Specificity
 - C. Progression
 - D. Variation

46. A group exercise instructor holds one hand, with an open palm, over their head. What does this visual cue indicate to the class participants?
- A. Take it from the top.
 - B. Jump up and down.
 - C. Hold, stay, or stop.
 - D. Raise their hand if they have a question.
47. Which aspect of communication is likely to have the greatest impact on the interpretation of a message?
- A. Facial expressions, gestures, and body position
 - B. Use of technical words and phrases
 - C. Clearly articulated and spoken statements
 - D. Attentive listening and minimal encouragers
48. Which exercise is most effective to target the rectus abdominis muscles?
- A. Quadrupled bird-dog
 - B. Supine floor bridge
 - C. Modified side-lying plank
 - D. Full body prone plank
49. What is the primary joint action at the shoulder during the concentric phase of a push-up?
- A. External rotation
 - B. Horizontal adduction
 - C. Extension
 - D. Abduction
50. What type of stretch is the supine hamstring stretch?
- A. Static passive
 - B. Active dynamic
 - C. Ballistic
 - D. Self-myofascial release

Group Exercise Instructor Practice Exam Answer Key

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|-------|-------|
| 1. B | 26. A |
| 2. D | 27. B |
| 3. B | 28. C |
| 4. C | 29. B |
| 5. A | 30. D |
| 6. C | 31. A |
| 7. B | 32. C |
| 8. D | 33. B |
| 9. B | 34. D |
| 10. C | 35. C |
| 11. B | 36. B |
| 12. D | 37. D |
| 13. A | 38. A |
| 14. C | 39. B |
| 15. B | 40. C |
| 16. A | 41. D |
| 17. A | 42. D |
| 18. C | 43. C |
| 19. D | 44. A |
| 20. A | 45. B |
| 21. B | 46. C |
| 22. A | 47. A |
| 23. D | 48. D |
| 24. A | 49. B |
| 25. B | 50. A |