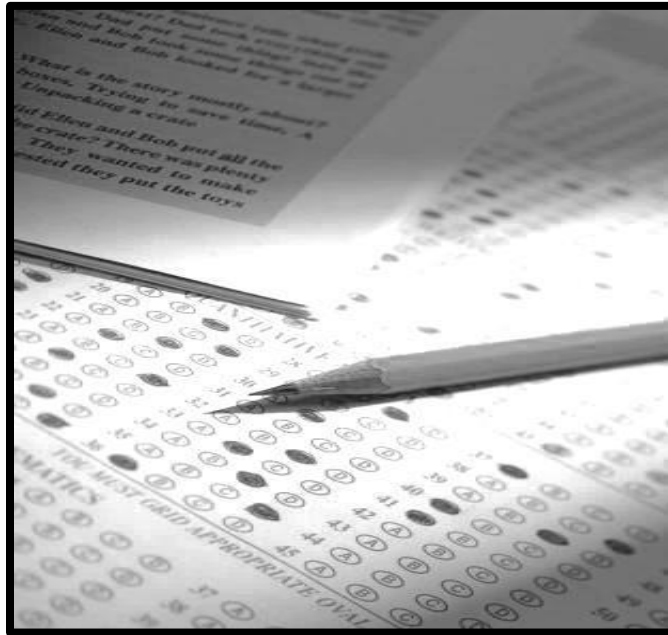




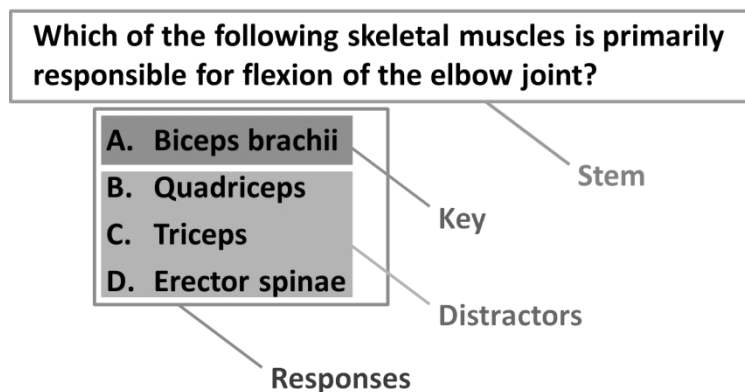
# Personal Trainer Certification Practice Exam



(Item #: 15)

Thank you for investing in NETA’s Personal Trainer 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 taken 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 Personal Trainer Certification Exam are encouraged to refer to the **Personal Trainer Study Guide**, located on NETA’s website ([www.netafit.org](http://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 Personal Trainer 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 Personal Trainer Certification Exam.

Please remember that the following practice exam is intended to be one of many tools utilized by candidates preparing for NETA's Personal Trainer 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 **Personal Trainer 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 Personal Trainer Certification Exam, please contact NETA's Education Department at 1-800-237-6242.

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## Personal Trainer Practice Exam

- Which statement represents an outcome-oriented goal?
  - I will complete a minimum of 3 cardiorespiratory training sessions each week.
  - I will reduce my body weight by 10 pounds over the next 2 months.
  - I will perform 90 minutes of moderate-intensity aerobic exercise each week.
  - I will decrease my caloric intake by 300 calories per day.
- What is the primary muscle involved in horizontal adduction of the humerus?
  - Rhomboids
  - Posterior deltoid
  - Pectoralis major
  - Gastrocnemius
- When performing standing hip abduction using a cable column, which modification will decrease the torque applied to the hip joint?
  - Select a heavier weight on the cable column.
  - Position the ankle strap closer to the ankle.
  - Step further away from the cable column.
  - Raise the ankle strap closer to the knee.
- A single-serving bottle of a high protein drink contains 6 grams of fat, 33 grams of carbohydrates, and 15 grams of protein. What percent of the total calories are derived from protein?
  - 13.3%
  - 18.6%
  - 21.8%
  - 24.4%
- The results of a Rockport One-Mile Walk Test indicate that a client's estimated maximal oxygen consumption ( $VO_2\text{max}$ ) is 37.6 mL/kg/min. Based on this information, what is the client's estimated maximal capacity expressed in METs?
  - 7.6 METs
  - 10.7 METs
  - 12.4 METs
  - 15.1 METs
- Which method is most appropriate to monitor the exercise intensity for a client with hypertension who takes a beta-blocker prescribed by a health care provider?
  - Rating of perceived exertion using the category-ratio scale
  - Target heart rate established as a percent of age-predicted maximal heart rate
  - Target heart rate established as a percent of heart rate reserve
  - Heart rate monitor pre-programmed with the client's target heart rate

7. A 50-year-old male client has a resting blood pressure of 136/98 mmHg, a total cholesterol level of 260 mg/dL, and a HDL level of 55 mg/dL. He has been sedentary for the last 10 years and has not used tobacco products since his mid-twenties. Based on the information provided, how many positive, *controllable* risk factors for cardiovascular disease (CVD) are present?
  - A. Two
  - B. Three
  - C. Four
  - D. Five
  
8. Prior to a personal training session, a client indicates that she has been experiencing some left knee soreness that persists for several days after running on the treadmill. In what section of a progress note (i.e., SOAP) should this information be documented?
  - A. Subjective
  - B. Objective
  - C. Assessment
  - D. Plan
  
9. A new member of the health club has signed up for a fitness orientation to learn how to use the exercise equipment. The individual indicates that he does not currently perform any regular physical activity. Based on the information provided, in what stage of the transtheoretical model is this individual with regard to the adoption of a physically active lifestyle?
  - A. Precontemplation
  - B. Contemplation
  - C. Preparation
  - D. Action
  
10. A male client currently weighs 237 lbs. Based on skinfold measurements, his estimated body composition is currently 24% body fat. What is his goal body weight to reduce his body composition to 20% body fat?
  - A. 181 lbs.
  - B. 204 lbs.
  - C. 216 lbs.
  - D. 225 lbs.
  
11. Which scenario is a common liability exposure for personal trainers?
  - A. Failing to conduct appropriate preparticipation screening procedures prior to initiating an exercise program with a new client.
  - B. Referring a client with symptomatic cardiovascular disease to an appropriate health care provider.
  - C. Educating a client about healthy dietary habits in accordance with the Dietary Guidelines for Americans.
  - D. Purchasing an insufficient amount of professional liability insurance coverage.

12. Which key process of motivational interviewing is addressed first to help a prospective client overcome ambivalence to regular physical activity?
- A. Planning
  - B. Focusing
  - C. Engaging
  - D. Evoking
13. As a personal trainer employed at a local fitness center, which scenario is a violation of NETA's Professional Code of Ethics?
- A. Declining personal training services to a member of the facility who has medical needs beyond the scope of the personal trainer's education and experience.
  - B. Attempting to engage a personal training client into an intimate relationship outside of the fitness facility.
  - C. Promoting personal training services by posting a flyer and displaying business cards in the fitness center and throughout the facility.
  - D. Cancelling a session with a client because the personal trainer accidentally double-booked their schedule.
14. Which statement best describes the Physical Activity Readiness Questionnaire (PAR-Q)?
- A. Form used to explain the potential risks and discomforts associated with exercise.
  - B. Document completed by a health care provider indicating medical clearance to participate in an exercise program.
  - C. Questionnaire administered to identify an individual's current stage of behavioral change.
  - D. Screening tool used to identify those who should consult with a health care provider prior to participation in an exercise program.
15. Which statement is an example of an amplified reflection?
- A. So, on the one hand you enjoy eating snack foods, but you have also mentioned that you feel much better when you eat more fruit and vegetables.
  - B. It sounds like it would be absolutely impossible to make time for an exercise program in your busy schedule.
  - C. So, you are feeling overwhelmed by all your commitments and frustrated that exercise has not fit into your schedule.
  - D. I hear you saying that you don't have time to prepare healthy meals due to your busy schedule of work and then getting your kids to their after-school activities.
16. Which is recommended during the concentric phase of a resistance training exercise for a participant performing 8 to 10 repetitions per set?
- A. Inhalation
  - B. Breath holding
  - C. Exhalation
  - D. Valsalva maneuver

17. According to the 2017 Guidelines for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults, which measurement is classified as 'elevated'?
- A. Diastolic blood pressure of 84 mmHg
  - B. Systolic blood pressure of 136 mmHg
  - C. Diastolic blood pressure of 92 mmHg
  - D. Systolic blood pressure of 124 mmHg
18. Which strategy is likely to be most effective to establish rapport with prospective clients?
- A. Greet fitness center members with a genuine smile and remember each member's name.
  - B. Approach members in the fitness center and point out the errors in their exercise technique.
  - C. Allow members to complete their workouts independently without being interrupted.
  - D. Inform members of your qualifications, knowledge, and experience as a personal trainer.
19. According to the Dietary Guidelines for Americans, adults are encouraged to do which of the following?
- A. Abstain from all added sugars.
  - B. Consume no more than 2,300 mg of sodium daily.
  - C. Shift from foods containing unsaturated fats to protein-based foods with saturated fats.
  - D. Strive to consume at least 400 mg of dietary cholesterol per day.
20. A 35-year-old client has a resting heart rate of 68. Calculate the target heart rate range corresponding to 50% to 70% of the client's heart rate reserve.
- A. 110 to 135 bpm
  - B. 118 to 142 bpm
  - C. 127 to 150 bpm
  - D. 135 to 158 bpm
21. When measuring resting blood pressure, what does the last audible Korotkoff sound represent?
- A. Rate pressure product
  - B. Diastolic pressure
  - C. Oxygen deficit
  - D. Systolic pressure
22. Which strategy is most effective to increase a client's self-efficacy to adopt regular physical activity?
- A. Share the testimonials of other clients who have experienced positive outcomes as the result of their exercise programs.
  - B. Establish challenging goals focused on long-term outcomes of regular exercise.
  - C. Lead the client through a difficult interval training program to increase their tolerance of exercise.
  - D. Inform the client about your education, credentials, and experience as an exercise professional.

23. Which resistance training exercise is contraindicated for a client who has been recently diagnosed by a health care provider as having shoulder impingement syndrome?
- A. Seated narrow row machine
  - B. Lat pulldown on a cable-based machine
  - C. Shoulder extension using resistance tubing
  - D. Side-lying shoulder external rotation using a dumbbell
24. According to the Physical Activity Guidelines for Americans, which is recommended for adults to obtain substantial health benefits?
- A. Muscle-strengthening activities 4 or more days per week
  - B. Vigorous-intensity aerobic physical activity for 75 minutes per day
  - C. No more than 200 minutes of moderate-intensity physical activity per week
  - D. At least 150 minutes of moderate-intensity aerobic physical activity each week
25. Which joint actions occur during the concentric phase of a barbell bench press?
- A. Elbow flexion and shoulder abduction
  - B. Scapular retraction and shoulder flexion
  - C. Shoulder horizontal adduction and elbow extension
  - D. Shoulder extension and arm horizontal abduction
26. What is the correct anatomic location to obtain the thigh skinfold measurement?
- A. Diagonal fold, in line with the natural angle of the iliac crest taken in the anterior axillary line immediately superior to the iliac crest
  - B. Vertical fold, on the anterior aspect of the femur, midway between the proximal border of the patella and the inguinal crease
  - C. Horizontal fold, on the lateral aspect of the femur, halfway between the iliac crest and the lateral condyle
  - D. Vertical fold, 1-2 cm below the inferior angle of the ilium
27. For which scenario is referral to a health care provider recommended to obtain medical clearance?
- A. A sedentary, asymptomatic individual without known cardiovascular, metabolic, or renal disease, planning to engage in moderate-intensity exercise.
  - B. A physically active, asymptomatic individual with known cardiovascular disease, planning to continue moderate-intensity exercise.
  - C. A sedentary, asymptomatic individual with known cardiovascular disease, planning to begin a moderate-intensity exercise program.
  - D. A physically active, asymptomatic individual without known cardiovascular, metabolic, or renal disease, planning to progress to vigorous-intensity exercise.



28. According to the National Weight Control Registry, which behavior is characteristic of individuals who have successfully maintained weight loss?
- A. Consuming a very low calorie diet of less than 1,000 calories per day
  - B. Monitoring body weight both in the morning and evening every day of the week
  - C. Working with a certified personal trainer at least 2 times per week
  - D. Performing regular moderate-intensity physical activity equivalent to approximately 300 minutes per week
29. Which is an expected adaptation to a regular cardiorespiratory exercise program?
- A. Decreased resting heart rate
  - B. Increased number of type IIb muscle fibers
  - C. Increased resting diastolic blood pressure
  - D. Decreased mitochondrial density of type I muscle fibers
30. According to the American College of Sports Medicine (ACSM), how many repetitions per set are recommended to improve muscular fitness among novice adults?
- A. 2 to 3
  - B. 5 to 7
  - C. 8 to 12
  - D. 15 to 20
31. Which open-ended question is most likely to elicit statements in favor of adopting regular physical activity (i.e., 'change talk') from a client?
- A. When you have exercised in the past, what positive changes have you noticed with regard to both your body and your mood?
  - B. Do you feel that regular physical activity is important for your overall health?
  - C. What have been some of the obstacles or barriers that have prevented you from being physically active in the past?
  - D. Why don't you just set some time aside for exercise on your schedule every day?
32. Which exercise is most appropriate for a client having muscle imbalances characteristic of upper cross syndrome?
- A. Chest press machine
  - B. Seated narrow row
  - C. Shoulder internal rotation using a cable column
  - D. Dumbbell shoulder shrug
33. A client is walking on a treadmill at 3.2 mph and 5% grade, which corresponds to a relative oxygen consumption of 19.8 mL/kg/min. What is the absolute intensity classification of this exercise?
- A. Light
  - B. Moderate
  - C. Vigorous
  - D. Very vigorous

34. A client is asked, “On a scale of 0 to 10, with 10 representing the highest level of confidence, how confident are you in your ability to consume at least 3 servings of vegetables daily?” The client responds, “6.” Which follow-up question is most likely to be counter-productive by eliciting a response in favor of maintaining their current diet low in vegetable consumption (i.e., sustain talk)?
- A. What causes you to rate your confidence as a 6 versus a 4 or 5?
  - B. That is good, what makes you select 6 instead of a very low number like 2 or 3?
  - C. Is see, why do you say 6 instead of an 8 or 9?
  - D. A 6 is pretty good, what vegetables do you like the most?
35. A 47-year-old female client is planning to complete her first 5K (3.1 mile) race. During an initial fitness assessment, she completed the Rockport One-Mile Walk Test in 19 minutes and 39 seconds (19:39). After 12 weeks of training, she is now able to walk a mile in ~15 minutes. Which protocol is the most appropriate to reassess the client’s improved cardiorespiratory fitness?
- A. YMCA 3-Minute Step Test
  - B. Cooper 1.5 Mile Run Test
  - C. YMCA Cycle Ergometer Test
  - D. 12-Minute Walk/Run Test
36. A 39-year-old male client is beginning an exercise program. Based on his current level of cardiorespiratory fitness, it is determined that a moderate-intensity corresponding to 70% of his age-predicted maximum heart rate is appropriate for his steady state aerobic exercise. What is his target heart rate at this specific intensity?
- A. 127 bpm
  - B. 143 bpm
  - C. 154 bpm
  - D. 181 bpm
37. According to early researchers, when communicating in-person, how much of message interpretation is attributed to nonverbal communication such as body language, facial expressions, and gestures?
- A. 5 to 10%
  - B. 20 to 25%
  - C. 35 to 40%
  - D. 50 to 60%
38. Based on the acceptable macronutrient distribution range (AMDR), what is the maximum amount of fat intake per day for an adult using the U.S.-Style Health Eating Pattern at the 2,000-calorie level?
- A. 35 grams
  - B. 56 grams
  - C. 78 grams
  - D. 90 grams

39. Which statement best describes an Informed Consent?
- A. Screening tool used to identify individuals in need of referral to a health care provider.
  - B. Document explaining the inherent risks and dangers associated with exercise.
  - C. Form completed by a health care provider granting permission to participate in an exercise program.
  - D. Form completed by a parent or legal guardian giving a minor (e.g., youth or adolescent) permission to participate in an exercise program.
40. Which measurements suggest a high risk for the development of cardiovascular disease (CVD)?
- A. A female with a waist circumference of 28 inches and a hip circumference of 34 inches
  - B. A male with a waist circumference of 34 inches and a hip circumference of 36 inches
  - C. A male with a waist circumference of 40 inches and a hip circumference of 37 inches
  - D. A female with a waist circumference of 32 inches and a hip circumference of 35 inches
41. According to the American College of Sports Medicine (ACSM), what is the recommended minimum duration for most adults to hold a static stretch?
- A. 10 seconds
  - B. 20 seconds
  - C. 30 seconds
  - D. 60 seconds
42. Which active listening skill may consist of a word or short phrase intended to keep an individual talking without significant interruption or influence from the listener?
- A. Paraphrasing
  - B. Minimal encouragers
  - C. Summarizing
  - D. Reflections
43. An interval training workout is designed so the client will run one lap around an Olympic-size track (400 meters) at an intensity corresponding to 95% of  $VO_2$ max, followed by 45 seconds of walking for active recovery. What is the primary energy system utilized during the work intervals of each cycle?
- A. Phosphagen System (ATP-CP)
  - B. Fatty Acid Oxidation
  - C. Anaerobic Glycolysis
  - D. Aerobic Glycolysis
44. Which scenario is outside of the scope of practice for a personal trainer?
- A. Massaging a client's sore gastrocnemius muscle following a difficult high-intensity interval training workout.
  - B. Measuring a client's resting blood pressure using an aneroid sphygmomanometer and a stethoscope.
  - C. Completing a health risk appraisal with a prospective client to determine the need for medical clearance.
  - D. Using coaching techniques such as motivational interviewing to help a client move toward a healthy change in lifestyle.

45. To elicit improvements in muscular endurance, a client performs each set of resistance training exercises for the major muscle groups to a target range of 15 to 18 repetitions using 60% of 1-RM. What principle of training does this program design strategy represent?
- A. Principle of variation
  - B. All-or-none principle
  - C. Principle of specificity
  - D. Principle of progression
46. Which fitness assessment protocol provides the best measurement of a client's muscular strength?
- A. Push-up Test
  - B. YMCA Bench Press Endurance Test
  - C. Body Weight Squat Screen (i.e., Overhead Squat Assessment)
  - D. One-Repetition Maximum Squat Test
47. Which resistance training exercise is performed primarily in the sagittal plane of motion?
- A. Chest press machine
  - B. Leg extension machine
  - C. Dumbbell shoulder press
  - D. Standing hip abduction using a cable column
48. What type of resistance training exercise involves a concentric and eccentric phase of action performed against a fixed external load?
- A. Isotonic
  - B. Isocaloric
  - C. Isometric
  - D. Isokinetic
49. Which activity is contraindicated for a post-menopausal woman who has been diagnosed with osteoporosis?
- A. Walking on a treadmill at an absolute intensity of 4.0 METs
  - B. Step-ups using a 6-inch step
  - C. Seated Russian twist with an 8-pound medicine ball
  - D. Aqua-jogging in a pool
50. Which acronym represents the recognition of a cerebrovascular event (i.e., stroke)?
- A. PRICE
  - B. DOMS
  - C. CPR
  - D. FAST

## Personal Trainer Practice Exam Answer Key

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