

010-111^{Q&As}

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QUESTION 1

What type of learner would benefit from a handout with written instructions?

- A. Visual
- B. Aesthetic
- C. Auditory
- D. Kinesthetic

Correct Answer: A

QUESTION 2

What is the correct path of blood flow through the chambers of the heart?

- A. Left ventricle; left atrium; right atrium; right ventricle.
- B. Right ventricle; right atrium; left atrium; left ventricle.
- C. Left atrium; right atrium; left ventricle; right ventricle.
- D. Right atrium; right ventricle; left atrium; left ventricle.

Correct Answer: D

QUESTION 3

What resistance training method is described by a light to heavy or heavy to light progression of sets?

- A. Pyramid
- B. Superset
- C. Negative set
- D. Volume training

Correct Answer: A

QUESTION 4

As the percentage of 1 RM (Repetition Maximum) resistance increases:

- A. the amount of rest you should allow between training days should increase.
- B. the number of sets performed should increase.

- C. the number of repetitions until fatigue decreases.
- D. the amount of rest you should allow between sets should decrease.

Correct Answer: C

QUESTION 5

Procuring general liability insurance and _____ provides legal protection for a personal trainer who has been accused of negligence.

- A. professional liability insurance
- B. third party insurance
- C. worker's compensation
- D. employment practices liability insurance

Correct Answer: A

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