Certified Master Trainer

Practice Quiz 1

Correct Answers are listed at the bottom.

1. How many ounces of water should an active adult consume per day?
   1. 12
   2. 24
   3. 68
   4. 192
2. The human body contains how many bones?
   1. 192
   2. 300
   3. 206
   4. 220
3. Muscle fibers are composed of the following filaments except?
   1. Actin
   2. Myosin
   3. Titin
   4. Lactate
4. What is known as the “power house of the cell?
   1. Cell membrane
   2. Cell wall
   3. Mitochondria
   4. Sarcoplasmic reticulum
5. What contraction produces the most muscle damage?
   1. Concentric
   2. Isometric
   3. Eccentric
   4. Isotension
6. When a phosphate bond is broken in an ATP molecule what is produced?
   1. AMP
   2. CrP
   3. ADP
   4. H2O
7. What equation will give you cardiac output?
   1. Stroke volume X heart rate
   2. Stroke volume X lung volume
   3. Heart rate X lung volume
   4. Heart rate X VO2max
8. What pumps blood to the body?
   1. Right atrium
   2. Left ventricle
   3. Right ventricle
   4. Left atrium
9. What pumps blood to the left ventricle?
   1. Right atrium
   2. Left atrium
   3. Aorta
   4. Right ventricle
10. Deoxygenated blood is pumped to the lungs by what heart chamber?
    1. Left ventricle
    2. Left atrium
    3. Right atrium
    4. Right ventricle
11. The truest test of aerobic capacity is \_\_\_\_\_\_\_\_\_\_\_.
    1. 1-mile
    2. 3-mile
    3. VO2max
    4. ½ marathon
12. A sarcomere unit runs from \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_.
    1. Z line / Z line
    2. Z line / M zone
    3. A band / A band
    4. M zone / M zone
13. Pull ups work all of the following except?
    1. Lats
    2. Biceps
    3. Abs
    4. Hamstrings
14. The rate limiting enzyme in glycolysis is \_\_\_\_\_\_\_\_\_.
    1. Isocitrate dehydrogenase
    2. PFK
    3. Pyruvate
    4. Lactic acid
15. All of the following are primary aerobic metabolic pathways except?
    1. Electron transport chain
    2. Krebs cycle
    3. Citric acid cycle
    4. Glycolysis
16. All of the following are enzymes within the Krebs cycle except?
    1. Alpha-ketoglutarate dehydrogenase
    2. Citrate synthase
    3. Isocitrate dehydrogenase
    4. Latate dehydrogenase
17. The Krebs cycle occurs in the \_\_\_\_\_\_\_\_\_\_\_.
    1. Cytoplasmic reticulum
    2. Mitochondria
    3. Cell membrane
    4. Cytosol
18. Glycolysis is \_\_\_\_\_\_\_\_\_\_\_.
    1. Anaerobic
    2. Aerobic
    3. For marathons
    4. Best for swimming
19. Glycolysis takes place in the \_\_\_\_\_\_\_\_\_\_\_.
    1. Mitochondria
    2. Cytosol
    3. Cell membrane
    4. Cell wall
20. Hypertrophy occurs in all of the follow mechanisms except?
    1. Mechanical tension
    2. Metabolic stress
    3. Muscle damage
    4. Muscle pump

Correct Answers:

1. C
2. C
3. D
4. C
5. C
6. C
7. A
8. B
9. B
10. D
11. C
12. A
13. D
14. B
15. D
16. D
17. B
18. A
19. B
20. D