Certified Personal Trainer

Practice Quiz 1

Correct Answers are at the bottom.

1. Systolic blood pressure below \_\_\_\_\_ is considered normal.
   1. 100
   2. 120
   3. 140
   4. 160
2. Diastolic blood pressure below \_\_\_\_\_ is considered normal.
   1. 60
   2. 80
   3. 100
   4. 110
3. The age predicted max heart rate of a 20 year old is what?
   1. 180
   2. 200
   3. 220
   4. 240
4. Exhaling against a closed epiglottis to increase trunk and core stability is what?
   1. Power lifting
   2. Valsalva Maneuver
   3. Hypertension
   4. DOMS
5. It is appropriate to check an individual’s blood pressure on their wrist with your thumb.
   1. True
   2. False
6. It is appropriate to check an individual’s heart rate on their wrist with your thumb.
   1. True
   2. False
7. All are good forms of low impact cardio except \_\_\_\_\_\_\_.
   1. Treadmill
   2. Upright bike
   3. Swimming
   4. Recumbent bike
8. To increase muscular strength \_\_\_\_\_ rep ranges should be used.
   1. 1-6
   2. 6-10
   3. 10-15
   4. 15+
9. \_\_\_\_\_\_\_\_\_\_ is the term for increased muscular size.
   1. Hyperplasia
   2. Hypertrophy
   3. Atrophy
   4. Dystrophy
10. \_\_\_\_\_\_\_\_\_\_ is a decrease in muscle size.
    1. Hyperplasia
    2. Hypertrophy
    3. Atrophy
    4. Isometric
11. Cardio refers to what muscle?
    1. Lungs
    2. Stomach
    3. Intestines
    4. Heart
12. Cardiopulmonary refers to \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_.
    1. Heart / Lungs
    2. Heart / Veins
    3. Heart / Arteries
    4. Heart / Capillaries
13. Type IIb fibers are \_\_\_\_\_\_\_\_\_.
    1. Fast twitch
    2. Slow twitch
    3. Intermediate twitch
    4. Small
14. 18.5-24.9 BMI is \_\_\_\_\_\_\_\_.
    1. Overweight
    2. Normal
    3. Obese
    4. Underweight
15. 30+ BMI is \_\_\_\_\_\_\_\_.
    1. Overweight
    2. Normal
    3. Obese
    4. Underweight
16. What muscle group is the antagonist of the triceps?
    1. Lats
    2. Biceps
    3. Quads
    4. Hamstrings
17. Powerlifters try to increase \_\_\_\_\_\_\_\_.
    1. Strength
    2. Power
    3. Size
    4. Endurance
18. How many calories are in 1 lbs of fat tissue?
    1. 2000
    2. 2500
    3. 3000
    4. 3500
19. Healthy weight loss is losing \_\_\_\_\_ pounds per week.
    1. 2
    2. 3
    3. 4
    4. 5
20. All of the following are muscles in the lower body except?
    1. Quadriceps
    2. Hamstrings
    3. Calves
    4. Latisimus dorsi

Correct Answers:

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