Certified Personal Trainer

Practice Quiz 2

Correct Answers are at the bottom.

1. The optimal time to stretch to increase flexibility is \_\_\_\_\_\_\_\_\_.
   1. In the morning
   2. Before working out
   3. After working
   4. At night
2. Lats, rhomboids, and biceps are used for what movements?
   1. Pushing
   2. Lifting
   3. Pulling
   4. Jumping
3. The quadriceps are composed of how many muscle groups?
   1. 3
   2. 4
   3. 5
   4. 6
4. 25-29.9 BMI is \_\_\_\_\_\_\_\_.
   1. Overweight
   2. Normal
   3. Obese
   4. Super obese
5. Decrease in muscle size is \_\_\_\_\_\_\_\_\_\_.
   1. Hypertrophy
   2. Hyperplasia
   3. Atrophy
   4. Dystrophy
6. Which of the following is anaerobic in nature?
   1. Sprinting
   2. Cycling
   3. Cross country
   4. Triathlons
7. Healthy weight loss involves losing \_\_\_\_\_ lbs per week.
   1. 1-2
   2. 3-4
   3. 4-5
   4. As much as possible
8. \_\_\_\_\_\_\_\_\_\_\_ is “towards” the midline of the body.
   1. Adduction
   2. Abduction
   3. Rotation
   4. Flexion
9. \_\_\_\_\_\_\_\_\_\_ is “away” from the midline of the body.
   1. Adduction
   2. Abduction
   3. Rotation
   4. Flexion
10. \_\_\_\_\_\_\_\_\_\_ refers to the front of the body.
    1. Anterior
    2. Posterior
    3. Superior
    4. Inferior
11. Activity lasting > 2 min uses primarily what energy system?
    1. Glycolysis
    2. Krebs cycle
    3. Cori cycle
    4. ATP-CrP
12. Activity lasting < 6 sec uses primarily what energy system?
    1. Glycolysis
    2. Krebs cycle
    3. ATP-CrP
    4. Cori cycle
13. \_\_\_\_\_\_\_\_\_ is where DNA is located within a cell.
    1. Mitochondria
    2. Sarcoplasmic reticulum
    3. Nucleus
    4. Cell membrane
14. The following tissue is the most dense?
    1. Fat
    2. Muscle
    3. Brain
    4. Nerves
15. \_\_\_\_\_\_\_\_\_\_ occurs when cells become resistant to the effect of insulin.
    1. Type I diabetes
    2. Type II diabetes
    3. Type III diabetes
    4. Gestational diabetes
16. Powerlifters compete in all of the following except?
    1. Bench press
    2. Squats
    3. Power cleans
    4. Deadlifts
17. Women have more testosterone compared to men.
    1. True
    2. False
18. \_\_\_\_\_\_\_\_\_\_\_ forms glycogen molecules.
    1. ATP
    2. Glucose
    3. Lactate
    4. Protein
19. The acronym for Adenosine Triphosphate is \_\_\_\_\_\_\_\_\_.
    1. ADP
    2. ATP
    3. AMP
    4. CrP
20. The following is an example of a long bone?
    1. Patella
    2. Acromion
    3. Femur
    4. Meta tarsals

Correct Answers:

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