Certified Personal Trainer

Practice Quiz 3

Correct Answers are at the bottom.

1. \_\_\_\_\_\_\_\_ is the prime mover for knee flexion.
   1. Hamstrings
   2. Quadriceps
   3. Latisimus dorsi
   4. Biceps
2. \_\_\_\_\_\_\_\_ is the prime mover for elbow flexion.
   1. Biceps
   2. Triceps
   3. Hamstrings
   4. Glutes
3. \_\_\_\_\_\_\_\_ is the prime mover for knee extension.
   1. Hamstrings
   2. Biceps
   3. Trapezius
   4. Quadriceps
4. The follow muscle is involved in plantar flexion?
   1. Quadriceps
   2. Soleus
   3. Tibialis anterior
   4. Biceps
5. Fat soluble vitamins can be toxic in high amounts.
   1. True
   2. False
6. What is considered plyometric activity?
   1. Box jumps
   2. Running
   3. Swimming
   4. Cycling
7. What involves isometric contractions?
   1. Squat jumps
   2. Swimming
   3. Running
   4. Planks
8. What is not a common supplement?
   1. Whey
   2. Omega-3
   3. Multivitamins
   4. Lactic acid
9. What has the lowest protein content?
   1. Eggs
   2. Beef
   3. Beans
   4. Whole grain
10. The following is not an endurance event?
    1. 40 yard dash
    2. 3K
    3. ½ marathon
    4. Marathon
11. Fast twitch fibers are used more in the 12-16 mile range of a marathon than slow twitch fibers.
    1. True
    2. False
12. Biceps are skeletal muscles.
    1. True
    2. False
13. GI tract is a smooth muscle.
    1. True
    2. False
14. Abs are smooth muscles.
    1. True
    2. False
15. The heart is composed of smooth muscles.
    1. True
    2. False
16. \_\_\_\_\_\_\_\_ refers to the lungs.
    1. Cardio
    2. Pulmonary
    3. Alveoli
    4. RBC
17. \_\_\_\_\_\_\_\_ is judged on full ROM lifting technique.
    1. Swimming
    2. Crossfit
    3. Powerlifting
    4. Track and field
18. Max heart rate is calculated from \_\_\_\_\_\_\_\_\_.
    1. Resting heart rate
    2. Age
    3. Mother’s age
    4. Weight
19. Stretching improves muscles’ \_\_\_\_\_\_\_\_\_\_.
    1. Strength
    2. Flexibility
    3. Power
    4. Size
20. Stretching that involves a “bouncing” movement is known as \_\_\_\_\_\_\_\_\_\_ stretching.
    1. Static
    2. Dynamic
    3. Ballistic
    4. Isometric

Correct Answers:

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