

# Action Personal Training Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What heart rate defines tachycardia?**
  - A. Heart rate greater than or equal to 100 bpm**
  - B. Heart rate less than 60 bpm**
  - C. Heart rate between 60 and 100 bpm**
  - D. Heart rate greater than 120 bpm**
  
- 2. What does FIDM stand for?**
  - A. Frequency**
  - B. Intensity**
  - C. Duration**
  - D. Mode**
  
- 3. Which of the following best defines a partnership?**
  - A. Business owned by two or more people**
  - B. A company with limited liability**
  - C. A sole trader with one owner**
  - D. A non-profit organization**
  
- 4. Which of the following is NOT a function of the cardiovascular system?**
  - A. maintains homeostasis**
  - B. regulates pH levels**
  - C. stores nutrients**
  - D. transports oxygenated blood from lungs to rest of body**
  
- 5. Within the macro percentages provided for an active person, what is the protein percentage?**
  - A. 30%**
  - B. 20%**
  - C. 10%**
  - D. 40%**
  
- 6. Which biomechanical process occurs during a warmup?**
  - A. Dehydration**
  - B. Cardiorespiratory changes**
  - C. Nerve conduction slowing**
  - D. Muscle hypertrophy**

- 7. How many groups of proprioception are described?**
- A. 2**
  - B. 3**
  - C. 4**
  - D. 5**
- 8. Which of the following is NOT listed as a beneficial type of exercise for hypertension?**
- A. Strength training**
  - B. Cardio**
  - C. Stretching**
  - D. Sprinting**
- 9. When an asthma attack occurs, which action should be taken first?**
- A. Sit client upright**
  - B. Have client self-administer medication**
  - C. Remove any tight/constricting clothing**
  - D. Symptoms persist for 30min or more, request medical assistance**
- 10. Which range defines the Very Hard zone?**
- A. Moderate (55-70%)**
  - B. Light (36-54%)**
  - C. Max 100**
  - D. Very Hard (91-99%)**

## Answers

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1. A
2. A
3. A
4. C
5. C
6. B
7. B
8. D
9. A
10. D

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## **Explanations**

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## 1. What heart rate defines tachycardia?

- A. Heart rate greater than or equal to 100 bpm**
- B. Heart rate less than 60 bpm**
- C. Heart rate between 60 and 100 bpm**
- D. Heart rate greater than 120 bpm**

Tachycardia means the heart is beating faster than the normal resting rate. In adults, the standard cutoff used to define this condition is a resting heart rate of 100 beats per minute or higher. This sets apart tachycardia from bradycardia (below 60 bpm) and from normal resting rates (roughly 60-100 bpm). While a rate over 120 bpm is clearly fast, the defining threshold commonly used is 100 bpm or more.

## 2. What does FIDM stand for?

- A. Frequency**
- B. Intensity**
- C. Duration**
- D. Mode**

FIDM is used to describe four aspects of exercise prescription: Frequency, Intensity, Duration, and Mode. Frequency refers to how often you train in a given period, such as sessions per week. Intensity describes how hard you work during those sessions, Duration is the length of each session, and Mode is the type of activity you choose (cardio, strength, etc.). The reason Frequency is the best answer among the options is that it is one of the terms that make up the acronym FIDM. Remember, the full meaning of FIDM includes all four components, so each of the other terms is also part of what the acronym represents, even though alone it doesn't spell out the entire phrase.

## 3. Which of the following best defines a partnership?

- A. Business owned by two or more people**
- B. A company with limited liability**
- C. A sole trader with one owner**
- D. A non-profit organization**

A partnership is defined by shared ownership and shared responsibility among two or more people who run and profit from the business. The essential idea is that multiple owners contribute to the business and participate in its profits and decision-making, rather than a single person owning it or the business being a separate entity like a corporation or a non-profit. This distinguishes it from a sole trader, who has one owner; a company with limited liability, which is a different legal structure; and a non-profit, whose primary purpose isn't to distribute profits to owners. In a partnership, partners typically agree on how profits are split and how decisions are made, reflecting the collaboration among multiple owners.

**4. Which of the following is NOT a function of the cardiovascular system?**

- A. maintains homeostasis**
- B. regulates pH levels**
- C. stores nutrients**
- D. transports oxygenated blood from lungs to rest of body**

The cardiovascular system is all about circulation—moving blood to keep tissues nourished, wastes removed, and the body's internal environment stable. It helps maintain homeostasis by delivering oxygen and nutrients to cells and by carrying carbon dioxide and other wastes away for elimination. It also supports pH balance by transporting gases and buffers through the blood, influencing acid-base status as the lungs and kidneys work with the circulatory system. However, storing nutrients is not a function of the cardiovascular system. Nutrients are stored in tissues like the liver, muscle, and adipose tissue, while the blood primarily serves as the transport medium. Transporting oxygenated blood from the lungs to the rest of the body is indeed a key function, as the heart pumps oxygen-rich blood to tissues throughout the body.

**5. Within the macro percentages provided for an active person, what is the protein percentage?**

- A. 30%**
- B. 20%**
- C. 10%**
- D. 40%**

Protein is a share of total daily calories in a macro plan. In this active-person example, the protein portion is 10%. That means protein makes up 10% of what you eat in calories each day. For instance, if you're totaling 2,000 kcal daily, about 200 kcal come from protein, which is roughly 50 grams of protein (since protein provides 4 kcal per gram). The question asks for the protein percentage shown in the given macro distribution, and this plan specifies 10% for protein, making it the correct choice. The other percentages would shift how many calories are available for carbs and fats, so they don't match the provided breakdown.

**6. Which biomechanical process occurs during a warmup?**

- A. Dehydration**
- B. Cardiorespiratory changes**
- C. Nerve conduction slowing**
- D. Muscle hypertrophy**

During a warmup, the body ramps up the cardiorespiratory system to prepare for exercise. The heart rate increases and breathing rate rises, boosting blood flow and oxygen delivery to the working muscles. Warmer muscle temperature also enhances enzyme activity and metabolic readiness, helping muscles perform more efficiently right from the start and reducing injury risk. Dehydration isn't a process caused by warming up; it's a fluid balance condition and not something the warmup produces. Slowing nerve conduction isn't what happens with a proper warmup—warmer tissues typically improve nerve conduction velocity and reaction time. Muscle hypertrophy is a longer-term adaptation from repeated training, not something that occurs during a single warmup.

**7. How many groups of proprioception are described?**

- A. 2
- B. 3**
- C. 4
- D. 5

Proprioception isn't a single signal; it comes from separate receptor systems that each provide a different piece of information about the body's position and movement. The three main groups come from muscle spindles, which report muscle length and how quickly that length is changing; Golgi tendon organs, which monitor muscle-tendon tension; and joint receptors, which sense the position and movement of joints. Because these are distinct sources of proprioceptive information, they're described as three separate groups. If you were to count fewer, you'd be missing one receptor source; counting more would imply extra inputs beyond the standard proprioceptive channels.

**8. Which of the following is NOT listed as a beneficial type of exercise for hypertension?**

- A. Strength training
- B. Cardio
- C. Stretching
- D. Sprinting**

Regular, sustained aerobic and resistance training are the types of exercise most consistently shown to help manage hypertension, lowering resting blood pressure and improving overall cardiovascular health. Cardio improves heart and blood vessel function and reduces systemic vascular resistance over time, while strength training adds muscle-related metabolic benefits that support BP control. Stretching and flexibility work support overall fitness, reduce stress, and aid in exercise adherence, which also helps with blood pressure management. Sprinting, though it is a high-intensity form of exercise, tends to cause acute spikes in blood pressure during effort and carries greater safety risks for people with hypertension. It is not typically listed as a beneficial or standard recommended modality for hypertension in many guidelines, which is why it's the one that isn't included among beneficial exercise types here.

**9. When an asthma attack occurs, which action should be taken first?**

- A. Sit client upright**
- B. Have client self-administer medication
- C. Remove any tight/constricting clothing
- D. Symptoms persist for 30min or more, request medical assistance

When breathing is compromised, the immediate goal is to maximize airflow and reduce the effort needed to breathe. Sitting the person upright accomplishes this because it allows the chest to expand more fully, lowers the work of breathing, and helps the diaphragm move more effectively. This posture sets the stage for rapid relief and makes it easier for the person to use a rescue inhaler right away. Loosening restrictive clothing helps, but it doesn't address the breathing mechanics as directly as changing to an upright position. If symptoms persist after this, seek medical help, but the very first action is to position the person so breathing is as easy as possible.

**10. Which range defines the Very Hard zone?**

- A. Moderate (55-70%)**
- B. Light (36-54%)**
- C. Max 100**
- D. Very Hard (91-99%)**

Very hard is the near-maximal effort level. It sits at the high end of intensity, where you're pushing close to your maximum capacity and can only sustain it for short bursts. In training charts, this zone is defined by very high heart-rate targets, typically around the upper end of the range. The range 91-99% of max heart rate matches that near-max, intense effort used for short, powerful intervals. The other options describe lighter work: around 55-70% is Moderate, 36-54% is Light, and a flat 100% is a maximum effort that isn't treated as a sustained zone with a specific range.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://actionpersonaltraining.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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