BCRPA Kinesiologist Fitness Theory Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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. Don’t worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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

1. Which muscle raises or lowers the scapula, depending on which portion of the muscle contracts?

A. Medial deltoid

B. Trapezius

C. Rhomboids

D. Erector Spinae

2. Which energy system is primarily used to run up one flight of stairs in about 10 seconds?

A. ATP-CP (Anaerobic) system

B. Anaerobic lactic system

C. Aerobic system

D. Heart, lungs and circulatory system

3. Which type of stretching is preferred for improving flexibility before a workout?

A. Static stretching

B. Dynamic stretching

C. Ballet stretching

D. Ballistic stretching

4. Which component is NOT included in a holistic view of health?

A. Mental well-being

B. Physical fitness

C. Religious beliefs

D. Social interactions

5. Which muscle is primarily responsible for hip abduction?

A. Gluteus maximus

B. Hamstrings

C. Gastrocnemius

D. Quadriceps

6. According to Canada's food guide, what should an eating plan for an average active adult include?

A. Increasing the amount of protein in their diet

B. Eating 1900 kg calories per day

C. A balanced diet consisting of all food

D. Increasing the amount of vitamin C in their diet

7. Which muscle group is primarily engaged during a squat?

A. Quadreceps

B. Hamstrings

C. Gluteals

D. All of these

8. Which movement can the neck not perform?

A. Rotation

B. Lateral Flexion

C. Lateral abduction

D. Flexion/extension

9. Which of the following statements regarding Canada's physical activity guidelines is false?

A. Moderate effort = 30 - 60 minutes

B. Light effort = 60 minutes

C. Light effort = 30-45 minutes

D. Vigorous effort = 20-30 minutes

10. What aspect of fitness does the 'Frequency' in the FITT principle refer to?

A. The type of exercise performed

B. The duration of exercise sessions

C. The number of exercise sessions per week

D. The intensity level of the exercise

Answers

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

Explanations

1. Which muscle raises or lowers the scapula, depending on which portion of the muscle contracts?

A. Medial deltoid

B. Trapezius

C. Rhomboids

D. Erector Spinae

The trapezius muscle is a large, triangular-shaped muscle located in the upper back and neck region. It plays a crucial role in various movements of the shoulder girdle, most notably the elevation and depression of the scapula. The muscle is divided into three distinct parts: the upper, middle, and lower fibers, each of which contributes differently to scapular movement depending on which portion contracts. The upper fibers of the trapezius primarily facilitate the elevation of the scapula, such as when you shrug your shoulders. In contrast, the lower fibers are responsible for the depression of the scapula, aiding in movements like reaching overhead or bringing your arms down from an elevated position. The middle fibers assist in scapular retraction, drawing the shoulder blades together. This ability to raise or lower the scapula based on specific contractions makes the trapezius a key muscle in the coordination of shoulder and neck movements. Understanding its role in the biomechanics of the upper body is essential for anyone studying kinesiology or working with clients in a fitness setting.

2. Which energy system is primarily used to run up one flight of stairs in about 10 seconds?

A. ATP-CP (Anaerobic) system

B. Anaerobic lactic system

C. Aerobic system

D. Heart, lungs and circulatory system

The ATP-CP (Anaerobic) system is primarily utilized during short bursts of high-intensity activity, such as running up a flight of stairs in approximately 10 seconds. This energy system provides immediate energy for muscular contractions by using stored adenosine triphosphate (ATP) and creatine phosphate (CP) within the muscle cells. When an athlete engages in an explosive effort, such as sprinting up stairs, the body relies heavily on the ATP-CP system due to its ability to generate energy quickly without the need for oxygen, making it ideal for activities that last under 15 seconds. After this time interval, however, the muscle's ATP and CP stores become depleted, and the body must then begin to utilize other energy systems, such as the anaerobic lactic or aerobic systems, which take longer to kick in and involve different metabolic processes. In this context, while the anaerobic lactic system does play a role in activities that extend beyond 10 seconds, the immediate energy for a quick ascent primarily derives from the ATP-CP system. The aerobic system, although crucial for sustained lower-intensity exercises, is not involved in such short, high-intensity efforts. Additionally, while the heart, lungs, and circul

3. Which type of stretching is preferred for improving flexibility before a workout?

A. Static stretching

B. Dynamic stretching

C. Ballet stretching

D. Ballistic stretching

Dynamic stretching is preferred for improving flexibility before a workout because it involves controlled movements that take your muscles and joints through their full range of motion. This type of stretching increases blood flow to the muscles, enhances athletic performance, and prepares the body for the demands of physical activity. It mimics the movements of the workout to come, thereby helping to activate the muscles and improve overall function. In contrast, static stretching, which involves holding a stretch for an extended period, is more effective for cool-down and improving overall flexibility rather than preparing the body for immediate activity. Static stretches can temporarily decrease muscle strength and may not effectively prepare the muscles for the explosive movements required during a workout. Ballet stretching is a specific form of stretching often used in dance training and may not be applicable to all types of workouts. Ballistic stretching, which involves bouncing or jerking movements, can be risky if not performed correctly and may lead to injury, particularly when muscles are cold. Therefore, dynamic stretching is the recommended approach to best prepare for a workout.

4. Which component is NOT included in a holistic view of health?

A. Mental well-being

B. Physical fitness

C. Religious beliefs

D. Social interactions

A holistic view of health encompasses multiple dimensions of well-being, including mental, physical, emotional, and social aspects. The aim is to understand how these elements interact to influence overall health and quality of life. Mental well-being is crucial as it affects emotional stability and resilience, while physical fitness is fundamental for bodily health and the ability to perform daily activities. Social interactions play a vital role in fostering relationships and community connections, which are key to emotional support and mental health. Religious beliefs, while significant for many individuals and potentially influential on one's mental and emotional state, are not universally recognized as a core component of health in a holistic perspective. They may contribute to a person's overall sense of well-being but do not fit into the broader, more universally applicable categories of health components, such as mental well-being, physical fitness, and social interactions. Thus, recognizing that a holistic view prioritizes these foundational areas helps to clarify why religious beliefs, although important to some, do not form a core component within this comprehensive framework.

5. Which muscle is primarily responsible for hip abduction?

A. Gluteus maximus

B. Hamstrings

C. Gastrocnemius

D. Quadriceps

The gluteus maximus is primarily responsible for hip abduction due to its anatomical position and function. This muscle is located on the posterior aspect of the hip and plays a crucial role in stabilizing the pelvis during walking, running, and other movements. While the gluteus maximus is primarily known for hip extension and external rotation, it also contributes to hip abduction, particularly when the hip is flexed. In addition to the gluteus maximus, the gluteus medius and gluteus minimus—both of which are also part of the hip abductor muscle group—further assist in this action. Together, these muscles facilitate the movement of the leg away from the midline of the body, which is defined as hip abduction. The other muscles mentioned, such as the hamstrings, gastrocnemius, and quadriceps, are not primarily responsible for hip abduction. The hamstrings primarily act as knee flexors and hip extensors, the gastrocnemius mainly functions in knee flexion and ankle plantarflexion, and the quadriceps are engaged mainly in knee extension. Thus, their roles do not directly support hip abduction in the same way that the gluteal muscles do.

6. According to Canada's food guide, what should an eating plan for an average active adult include?

A. Increasing the amount of protein in their diet

B. Eating 1900 kg calories per day

C. A balanced diet consisting of all food

D. Increasing the amount of vitamin C in their diet

A balanced diet consisting of all food groups is essential for meeting the nutritional needs of an average active adult. According to Canada's Food Guide, a healthy eating plan encompasses a variety of food sources, ensuring that individuals receive the right mix of nutrients, including carbohydrates, proteins, fats, vitamins, and minerals. This variety is crucial for overall health, promoting better energy levels, optimal body function, and reducing the risk of chronic diseases. Incorporating a range of foods from different groups not only supports bodily functions but also encourages healthy eating habits. This approach emphasizes the importance of fruits, vegetables, whole grains, lean proteins, and healthy fats, which contribute to balanced nutrition and overall wellness. The other options suggest dietary modifications that may not be necessary for everyone. For example, simply increasing protein or vitamin C may not address the broader need for balance across all food groups. Moreover, providing a specific caloric intake without considering individual metabolic rates and activity levels doesn't account for the personalized nature of nutrition. Therefore, the most comprehensive and beneficial dietary guideline for an active adult is maintaining a balanced diet that includes diverse food options.

7. Which muscle group is primarily engaged during a squat?

A. Quadreceps

B. Hamstrings

C. Gluteals

D. All of these

The squat is a compound exercise that primarily engages multiple muscle groups in the lower body, making "all of these" the correct response as it acknowledges the involvement of each muscle group listed. The quadriceps, located at the front of the thigh, are heavily engaged during the squat, especially when extending the knees. As you lower into the squat and push back up, the quads provide significant force to help lift the body. The hamstrings, situated at the back of the thigh, also play an important role in stabilizing the movement and contributing to hip extension. While the hamstrings are not the primary movers, their engagement is crucial for maintaining joint alignment and overall balance during the exercise. The gluteals, which include the gluteus maximus, medius, and minimus, are essential for hip extension and stabilization during the squat. They engage as you rise from the squat position, facilitating powerful upward movement and offering support to the lower back. Understanding that squats work in synergy across multiple muscle groups is vital, which is why acknowledging all of these groups collectively reflects a comprehensive approach to recognizing the biomechanics involved in the squat.

8. Which movement can the neck not perform?

A. Rotation

B. Lateral Flexion

C. Lateral abduction

D. Flexion/extension

The movement that the neck cannot perform is lateral abduction. In the context of human anatomy, lateral abduction refers to the movement of a limb away from the midline of the body, which is typically associated with the limbs themselves, such as the arms or legs. The neck, being part of the vertebral column and primarily designed for supporting the head and enabling its movement, does not have the capability to perform this action. The neck is capable of several other types of movements. For example, rotation involves turning the head side to side. Lateral flexion allows the head to move from side to side, bringing the ear closer to the shoulder, and flexion/extension refers to tilting the head forward and backward. These movements are facilitated by the cervical spine and the associated musculature, allowing for a range of motion essential for daily activities and effective communication.

9. Which of the following statements regarding Canada's physical activity guidelines is false?

A. Moderate effort = 30 - 60 minutes

B. Light effort = 60 minutes

C. Light effort = 30-45 minutes

D. Vigorous effort = 20-30 minutes

The statement regarding light effort being 30-45 minutes is incorrect. Canada's physical activity guidelines generally define light effort as activities that do not significantly raise the heart rate and include everyday movements. The recommendations for light physical activity typically suggest that individuals should aim for a greater duration, around 60 minutes or more, especially when it comes to fulfilling health benefits. In contrast, the guidelines recognize moderate effort, which can fall within a range of 30 to 60 minutes, promoting a higher intensity of activity where individuals are breathing faster and have an elevated heart rate. Vigorous effort, on the other hand, is outlined as shorter durations of 20-30 minutes due to the higher intensity associated with such activities, which can lead to significant health benefits even when performed for shorter periods. Understanding these classifications helps in creating effective fitness plans tailored to individual goals and capabilities, ensuring that time spent in physical activity is both meaningful and aligned with the guidelines for optimal health benefits.

10. What aspect of fitness does the 'Frequency' in the FITT principle refer to?

A. The type of exercise performed

B. The duration of exercise sessions

C. The number of exercise sessions per week

D. The intensity level of the exercise

In the FITT principle, 'Frequency' specifically refers to how often an individual engages in exercise over a given period, typically expressed as the number of exercise sessions per week. This concept is fundamental in designing a fitness program, as it helps to determine the volume of exercise and ensure that individuals are getting the necessary stimulus to improve their fitness levels. For example, a higher frequency may lead to more significant adaptations in cardiovascular fitness, muscular endurance, or strength, depending on the specific training goals. By adjusting the frequency, a personal trainer or kinesiologist can optimize training for better results while allowing sufficient recovery to prevent overtraining. Understanding frequency is essential, as it influences the overall effectiveness of an exercise routine and must be tailored to an individual's fitness level, goals, and lifestyle. Therefore, the correct identification of this aspect as the number of exercise sessions per week is crucial for applying the FITT principle effectively.

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.

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

https://bcrpakinesiologistfitnesstheory.examzify.com

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