

# BCRPA Kinesiologist Fitness Theory Practice Exam (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. During a squat, which primary joint movement occurs at the hip?**
  - A. Extension**
  - B. Flexion**
  - C. Abduction**
  - D. Adduction**
  
- 2. What is the primary movement caused by the triceps brachii at the elbow?**
  - A. Elbow extension**
  - B. Elbow abduction**
  - C. Elbow adduction**
  - D. Elbow flexion**
  
- 3. What is the proper term for the exercise that increases the range of motion around joints?**
  - A. Flexibility training**
  - B. Endurance training**
  - C. Strength training**
  - D. Resistance training**
  
- 4. Which muscle primarily assists in hip flexion?**
  - A. Quadriceps**
  - B. Hamstrings**
  - C. Iliopsoas**
  - D. Gluteus maximus**
  
- 5. What is the primary function of the core muscles?**
  - A. Support and stabilize the spine**
  - B. Increase endurance for running**
  - C. Enhance the strength of the legs**
  - D. Improve flexibility of the arms**

- 6. What is Johnny's BMI if he is 6'2" and weighs 254 lbs?**
- A. 31.5 (at risk)**
  - B. 31.5 (not at risk)**
  - C. 30.1 (at risk)**
  - D. 30.1 (not at risk)**
- 7. What does the "A" in the S.A.I.D principle refer to?**
- A. Adduction**
  - B. Acceleration**
  - C. Application**
  - D. Adaptation**
- 8. What is the primary function of the Erector Spinae group?**
- A. Flexing the spine**
  - B. Extending the spine**
  - C. Rotating the spine**
  - D. Stabilizing the pelvis**
- 9. If a participant complains of pain along the front of the leg, what should the leader's first action be?**
- A. Explain that the condition is shin splints**
  - B. Ask for more information about the nature of the pain**
  - C. Design exercises for the lower leg**
  - D. Direct the person to their physician**
- 10. What is the primary function of the latissimus dorsi muscle?**
- A. Shoulder abduction**
  - B. Shoulder extension**
  - C. Elbow flexion**
  - D. Shoulder flexion**

## Answers

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

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## **Explanations**

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**1. During a squat, which primary joint movement occurs at the hip?**

**A. Extension**

**B. Flexion**

**C. Abduction**

**D. Adduction**

During a squat, the primary joint movement that occurs at the hip is flexion. As an individual lowers into the squat position, the hip joint flexes, allowing the thighs to move closer to the torso. This action involves the iliopsoas, rectus femoris, and other hip flexor muscles, which are activated as the angle between the thigh and the pelvis decreases. In the context of squatting, understanding hip flexion is essential because it not only serves as a fundamental movement for this exercise but also plays a significant role in stabilizing the body and managing the weight being lifted. The position of the hip is crucial for proper squat form, aiding in maintaining balance and ensuring that the movement is efficient and biomechanically sound. With the hip in flexion, the individual can also effectively engage the muscles of the legs and glutes as they push back up to a standing position.

**2. What is the primary movement caused by the triceps brachii at the elbow?**

**A. Elbow extension**

**B. Elbow abduction**

**C. Elbow adduction**

**D. Elbow flexion**

The primary movement caused by the triceps brachii at the elbow is elbow extension. The triceps brachii is a muscle located on the back of the upper arm and is composed of three heads: the long head, lateral head, and medial head. When the triceps contract, they pull on the olecranon process of the ulna, resulting in the straightening of the elbow joint. Elbow extension is particularly important for various functional activities, such as pushing movements, throwing, or any action where the arm is straightened from a bent position. This action is the opposite of elbow flexion, which is primarily facilitated by the biceps brachii and involves bending the elbow. In the context of the choices provided, options related to elbow abduction and adduction do not pertain to the triceps brachii, as those movements involve lateral movement of the arm away from or towards the body, typically associated with shoulder joint actions rather than elbow flexor or extensor actions.

**3. What is the proper term for the exercise that increases the range of motion around joints?**

- A. Flexibility training**
- B. Endurance training**
- C. Strength training**
- D. Resistance training**

The appropriate term for the exercise that increases the range of motion around joints is flexibility training. Flexibility training focuses on stretching the muscles and the connective tissues around joints, thereby enhancing their ability to move through a greater range of motion. This type of training often includes various stretching techniques that can improve overall flexibility, reduce the risk of injury, and enhance athletic performance. Endurance training primarily aims to improve cardiovascular and muscular endurance rather than joint flexibility. Strength training focuses on building muscle mass and strength and does not specifically target the range of motion around joints. Resistance training involves exercises that use resistance to build strength, which can also improve muscular endurance but does not explicitly aim to enhance flexibility. Thus, flexibility training is the most precise term that describes exercises aimed at increasing joint mobility.

**4. Which muscle primarily assists in hip flexion?**

- A. Quadriceps**
- B. Hamstrings**
- C. Iliopsoas**
- D. Gluteus maximus**

The iliopsoas is the primary muscle responsible for hip flexion due to its anatomical structure and function. It is composed of two muscles: the psoas major and the iliacus. These muscles originate from the lumbar spine and the iliac fossa of the pelvis, respectively, and they converge to attach on the lesser trochanter of the femur. When the iliopsoas contracts, it draws the thigh toward the torso, effectively flexing the hip joint. In the context of other muscles, while the quadriceps assist in hip flexion, their primary role is to extend the knee, which can sometimes lead to confusion about their involvement in hip movement. The hamstrings are primarily involved in hip extension and knee flexion, playing little to no direct role in hip flexion. The gluteus maximus is mainly known for hip extension and external rotation, making it another muscle that does not actively contribute to hip flexion. Hence, the iliopsoas's specific positioning and function make it the critical muscle for hip flexion, distinguishing it from the roles of other muscles involved in lower body movements.

**5. What is the primary function of the core muscles?**

- A. Support and stabilize the spine**
- B. Increase endurance for running**
- C. Enhance the strength of the legs**
- D. Improve flexibility of the arms**

The primary function of the core muscles is to support and stabilize the spine. The core is composed of various muscle groups that provide a foundation for movement and play a crucial role in maintaining posture and balance. A strong core stabilizes the pelvis and spine, which is essential for performing daily activities and engaging in sports. This stabilization helps to protect the spine from injury, especially during activities that require bending, lifting, or twisting. While increasing endurance for running, enhancing leg strength, and improving the flexibility of the arms are all important aspects of fitness, they do not directly pertain to the main function of the core muscles. Core stability is foundational to all other physical activities, as it allows for efficient and safe movement across the entire body.

**6. What is Johnny's BMI if he is 6'2" and weighs 254 lbs?**

- A. 31.5 (at risk)**
- B. 31.5 (not at risk)**
- C. 30.1 (at risk)**
- D. 30.1 (not at risk)**

To calculate Johnny's Body Mass Index (BMI), the formula used is:  $\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}$  In this case, Johnny weighs 254 pounds and is 6 feet 2 inches tall. First, convert his height into inches: 6 feet = 72 inches (since 1 foot = 12 inches, so 6 feet = 6 x 12 = 72 inches) Adding the 2 inches gives him a total height of 74 inches. Now, plug in the values into the BMI formula:  $\text{BMI} = \frac{254 \times 703}{74^2}$  Calculating: 1.  $(74^2 = 5476)$  2.  $(254 \times 703 = 178762)$  3. Now, divide:  $(\frac{178762}{5476} \approx 32.5)$  When we consider BMI categories, a BMI of 30 or greater typically categorizes individuals as at risk for health issues related to obesity. Since Johnny's calculated BMI falls into the range of 30.

**7. What does the "A" in the S.A.I.D principle refer to?**

- A. Adduction**
- B. Acceleration**
- C. Application**
- D. Adaptation**

The "A" in the S.A.I.D principle stands for Adaptation. This principle outlines that the body will adapt to the specific demands placed on it. When an individual engages in a particular type of training or physical activity, their body responds by making physiological changes to better handle the stress of that activity. For instance, if someone starts lifting weights, their muscles will strengthen and grow over time as an adaptation to the increased load. Understanding adaptation is crucial for designing effective training programs. By recognizing how different types of stressors lead to various adaptations, trainers can tailor workouts to achieve optimal results, whether it's building muscle, improving cardiovascular endurance, or enhancing flexibility. This principle emphasizes the need for progressive overload and variation in training to continue challenging the body and facilitating further adaptations. The other options, while pertinent in different contexts, do not accurately reflect the meaning of the "A" in S.A.I.D.

**8. What is the primary function of the Erector Spinae group?**

- A. Flexing the spine**
- B. Extending the spine**
- C. Rotating the spine**
- D. Stabilizing the pelvis**

The primary function of the Erector Spinae group is to extend the spine. This group of muscles runs along the vertebral column and plays a crucial role in maintaining an upright posture and facilitating movements that involve bending backward. When the Erector Spinae contracts, it allows for extension of the thoracic and lumbar regions of the spine, which is essential during activities such as standing up straight from a bent position or arching the back. Effective extension also aids in various functional movements and sports activities, highlighting the importance of these muscles in spinal health and performance.

**9. If a participant complains of pain along the front of the leg, what should the leader's first action be?**

**A. Explain that the condition is shin splints**

**B. Ask for more information about the nature of the pain**

**C. Design exercises for the lower leg**

**D. Direct the person to their physician**

When a participant expresses discomfort or pain along the front of the leg, the leader's first action should be to gather more information about the nature of that pain. This step is crucial because it allows the leader to understand the specific symptoms the participant is experiencing, including the intensity, duration, triggers, and specific location of the pain. By asking for more information, the leader demonstrates attentiveness and care for the participant's condition, while also helping to identify whether the pain is due to exertion (like shin splints), an injury, or another underlying issue. Understanding these details will guide the leader in determining the appropriate course of action, whether that involves modifying exercises, providing immediate support, or recommending further medical evaluation. This careful assessment is essential before jumping to conclusions or taking decisive actions like designing exercises or advising medical consultation, ensuring the participant's safety and overall well-being during their fitness journey.

**10. What is the primary function of the latissimus dorsi muscle?**

**A. Shoulder abduction**

**B. Shoulder extension**

**C. Elbow flexion**

**D. Shoulder flexion**

The latissimus dorsi muscle plays a crucial role in shoulder extension, which is its primary function. This large, triangular muscle covers a significant portion of the back and is pivotal for movements that involve pulling actions. When the latissimus dorsi contracts, it facilitates the movement of the arm backward (extension) from a position of flexion or in raising the body, such as in pull-ups or swimming strokes like the freestyle. In addition to shoulder extension, the latissimus dorsi also aids in shoulder adduction and medial rotation, but these are secondary to its primary role in extending the shoulder joint. Understanding the specific muscular functions in terms of joint movements is important for designing effective training and rehabilitation programs. This knowledge helps kinesiologists create exercises that target the latissimus dorsi accurately to enhance strength and functionality.

## 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://bcrpakinesiologistfitnesstheory.examzify.com>**

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

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