CanFitPro Personal Training Specialist Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. What does the sliding filament theory describe?

- **A. Compression of the lumbar spine**
- **B. Enclosure of muscle fiber contents**
- **C. Muscle contraction through filament sliding**
- **D. Connective tissue around fascicles**

2. What are Mobilization/Mobility Exercises?

- **A. Passive movements done by a therapist**
- **B. A type of meditation**
- **C. Dynamic movements for exercise preparation**
- **D. Static postures held for time**

3. What does metabolism refer to?

- **A. The breakdown of proteins only**
- **B. The process of creating energy through sleep**
- **C. The sum of all chemical reactions either using or creating energy**
- **D. Only the digestion of food**

4. What is periodization?

- **A. A type of cardiovascular exercise**
- **B. A diet plan**
- **C. The systematic organization of training periods to efficiently reach goals**
- **D. A recovery strategy after workouts**

5. Which test is part of the Dynamic Postural Assessment Sequence?

- **A. Seated spinal rotation test**
- **B. Finger tapping test**
- **C. Eyelid speed test**
- **D. Hair growth rate measurement**

6. Why use periodization in training programs?

- **A. To ensure a varied workout routine**
- **B. To ensure safety and prevent overtraining**
- **C. To focus only on cardiovascular exercises**
- **D. To reduce the need for nutritional supplements**

7. Balance is described as the ability to:

- **A. Move rapidly**
- **B. Maintain a specific body position in both stationary and dynamic situations**
- **C. Generate energy for activity**
- **D. Change direction quickly**

8. How is a high-risk client defined?

- **A. No coronary risk factors present**
- **B. One major cardiac risk factor**
- **C. Two or more coronary risk factors and positive signs or symptoms**
- **D. Undergoing treatment for a metabolic disorder**

9. How is energy expenditure from exercise calculated in calories?

- **A. METs x body weight in kg**
- **B. METs x body weight in lbs**
- **C. METs x body weight in kg / 60**
- **D. 3.5ml/kg/min**

10. What does Segmentation in a program refer to?

- **A. Dividing the program into beginning and advanced levels**
- **B. Integrating cardio and strength training without separation**
- **C. Separating components of cardio, resistance, and flexibility**
- **D. Focusing on one type of exercise per session**

Answers

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

Explanations

1. What does the sliding filament theory describe?

A. Compression of the lumbar spine

B. Enclosure of muscle fiber contents

C. Muscle contraction through filament sliding

D. Connective tissue around fascicles

The sliding filament theory is a well-established explanation for how skeletal muscle contraction occurs. It describes the process by which muscle fibers actively slide past each other, causing muscle contractions and movement. Option A is incorrect because it refers to a different physiological concept related to the spine. Option B is incorrect because it does not accurately describe the process of muscle contraction. Option D is incorrect because it references connective tissue, which is not directly involved in the sliding filament theory of muscle contraction.

2. What are Mobilization/Mobility Exercises?

A. Passive movements done by a therapist

B. A type of meditation

C. Dynamic movements for exercise preparation

D. Static postures held for time

Mobilization/Mobility Exercises are dynamic movements that are used as preparation for exercise. Option A is incorrect because passive movements are performed on a person's body by a therapist, while mobilization exercises refer to active movements done by the individual themselves. Option B is incorrect because meditation is a practice used for calming the mind and increasing self-awareness, which is not the purpose of mobilization/mobility exercises. Option D is incorrect because static postures involve holding a position for a certain amount of time, whereas mobilization/mobility exercises involve continuous movements. Therefore, the best explanation for mobilization/mobility exercises is that they are dynamic movements used to prepare the body for exercise.

3. What does metabolism refer to?

A. The breakdown of proteins only

B. The process of creating energy through sleep

C. The sum of all chemical reactions either using or creating energy

D. Only the digestion of food

Metabolism refers to all chemical processes in the body that involve energy, including the breakdown of proteins, the creation of energy through sleep, and the digestion of food. Option A is incorrect because it only refers to the breakdown of proteins, which is only one aspect of metabolism. Option B is incorrect because while sleep does play a role in metabolism, it is not the only process involved. Option D is incorrect because metabolism involves much more than just the digestion of food. Therefore, option C is the most accurate answer as it encompasses all aspects of metabolism.

4. What is periodization?

A. A type of cardiovascular exercise

B. A diet plan

C. The systematic organization of training periods to efficiently reach goals

D. A recovery strategy after workouts

Periodization is the systematic planning and organization of training periods to help individuals or athletes efficiently reach their goals. This includes dividing the training into different stages or phases, each with a specific focus and level of intensity, in order to enhance athletic performance and reduce the risk of injuries. Option A is incorrect because periodization does not refer to any type of exercise. Option B is incorrect because it refers to a diet plan, which is unrelated to periodization. Option D is incorrect because periodization is not a recovery strategy, but rather a structured approach to training.

5. Which test is part of the Dynamic Postural Assessment Sequence?

A. Seated spinal rotation test

B. Finger tapping test

C. Eyelid speed test

D. Hair growth rate measurement

The seated spinal rotation test is part of the Dynamic Postural Assessment Sequence because it assesses the rotation and mobility of the spine, which is important for maintaining balance and stability in dynamic movements. The other options, such as the finger tapping test, eyelid speed test, and hair growth rate measurement, do not directly assess postural control or spinal rotation. These tests may have other purposes, but they are not specifically related to the Dynamic Postural Assessment Sequence.

6. Why use periodization in training programs?

A. To ensure a varied workout routine

B. To ensure safety and prevent overtraining

C. To focus only on cardiovascular exercises

D. To reduce the need for nutritional supplements

Periodization is a method of training that involves breaking down a long-term training plan into specific phases or cycles, in order to optimize physical performance and prevent overtraining. This is achieved by alternating between periods of high-intensity training and periods of lower-intensity or rest. It also helps to ensure a balanced workout routine that targets different muscle groups and energy systems, leading to overall improved fitness and reduced risk of injury. Option A may seem appealing to some people, but repeating the same workout routine without variation can lead to plateaus and boredom. Option C is not entirely correct as periodization can include both cardiovascular and strength training exercises. Option D is unrelated to periodization as it focuses on nutritional supplements rather than the training program itself.

7. Balance is described as the ability to:

A. Move rapidly

B. Maintain a specific body position in both stationary and dynamic situations

C. Generate energy for activity

D. Change direction quickly

Balance refers to one's ability to maintain a specific body position in both stationary and dynamic (moving) situations. Although movement may be involved, it is not necessarily rapid, as option A suggests. Options C and D do not accurately describe balance as they refer to generating energy and changing direction, respectively, which are not essential components of balance.

8. How is a high-risk client defined?

A. No coronary risk factors present

B. One major cardiac risk factor

C. Two or more coronary risk factors and positive signs or symptoms

D. Undergoing treatment for a metabolic disorder

A high-risk client is defined as someone who has two or more coronary risk factors and positive signs or symptoms. This means that they have multiple factors that increase their chances of developing heart disease and are currently showing signs or experiencing symptoms related to a potential cardiac issue. The other options are incorrect because they do not meet the criteria of having at least two coronary risk factors and positive signs or symptoms. Option A only refers to the absence of coronary risk factors, while option B only mentions one risk factor and option D only pertains to treatment for a metabolic disorder. These options do not fully capture the definition of a high-risk client. Option C is the most accurate choice as it includes a combination of factors that classify someone as high-risk for a potential cardiac issue.

9. How is energy expenditure from exercise calculated in calories?

A. METs x body weight in kg

B. METs x body weight in lbs

C. METs x body weight in kg / 60

D. 3.5ml/kg/min

Energy expenditure from exercise is calculated by multiplying the METs (metabolic equivalents) by body weight in kilograms and dividing it by 60. Option A might seem like a plausible answer, but using body weight in kilograms and dividing by 60 takes into account the time spent exercising. Option B is incorrect because it uses body weight in pounds instead of kilograms, which is the standard unit for measuring energy expenditure. Option D is also incorrect because it is a formula for estimating energy expenditure at rest, not during exercise. Therefore, the correct formula to calculate energy expenditure from exercise is METs x body weight in kg / 60.

10. What does Segmentation in a program refer to?

A. Dividing the program into beginning and advanced levels

B. Integrating cardio and strength training without separation

C. Separating components of cardio, resistance, and flexibility

D. Focusing on one type of exercise per session

Segmentation in a program refers to dividing the components of an exercise routine into separate categories, commonly including cardio, resistance, and flexibility. option A is incorrect as segmentation does not necessarily involve dividing a program into levels. Option B does not accurately describe segmentation as it refers to two types of exercises, not components. Option D may be a common alternative, but it also does not accurately describe segmentation as it emphasizes the focus on one type of exercise rather than separating them. Therefore, option C is the most accurate and comprehensive explanation for segmentation in a program.