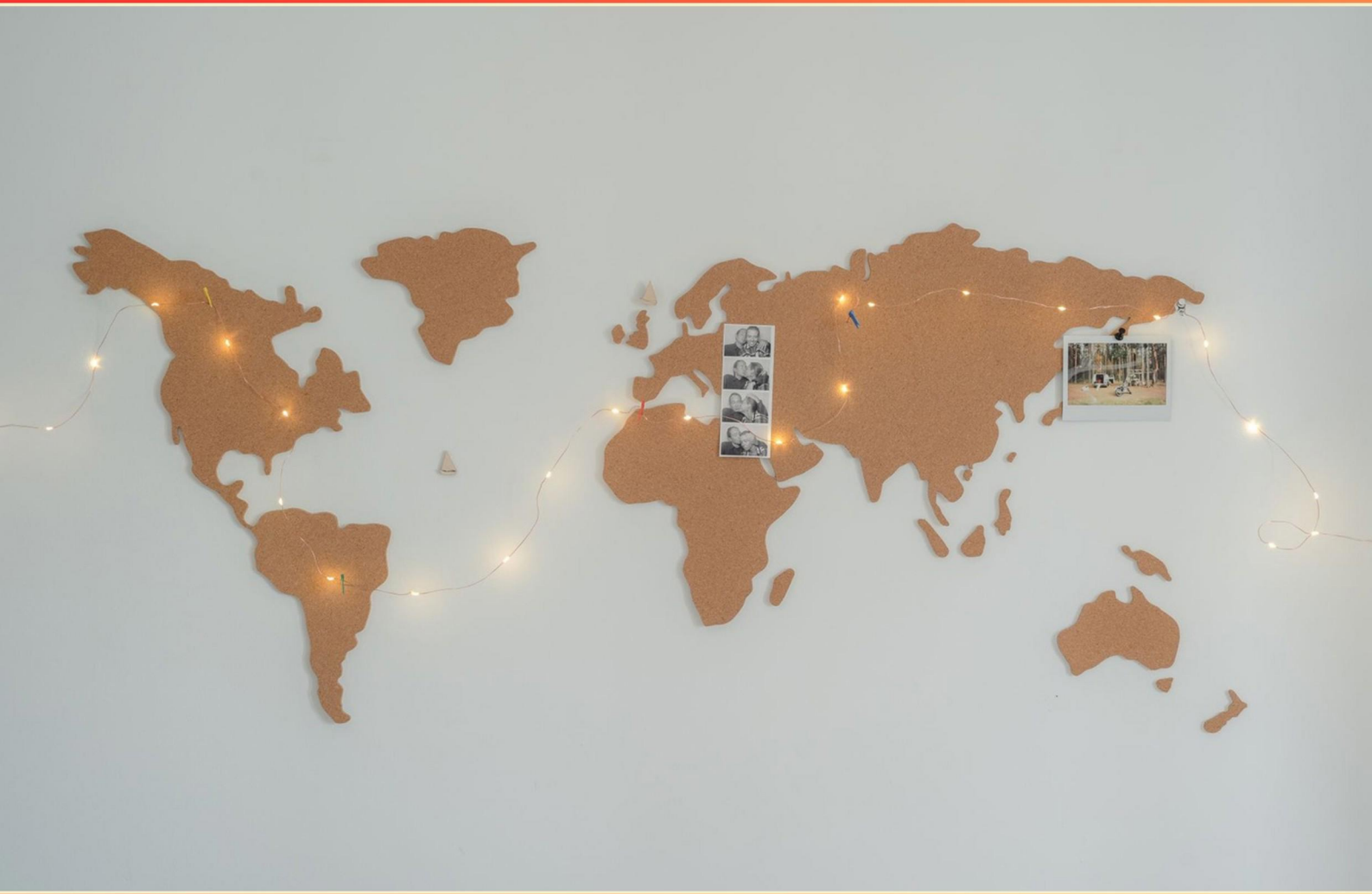


CERTIFIED TRAVEL COUNSELOR (CTC) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 is the recommended heart-rate reserve for a client engaging in active recovery?**
 - A. 45 to 50%
 - B. 75 to 80%
 - C. 55 to 60%
 - D. 65 to 70%

- 2. What is the most appropriate regression for a client struggling with a dynamic lunge on a box?**
 - A. Static lunge
 - B. Parallel bars - static lunge on a box
 - C. Parallel bars - box - 1 hand touching a stable object
 - D. Dynamic lunge

- 3. Which act regulates structure/function claims?**
 - A. Dietary Supplement Health and Education Act (DSHEA)
 - B. U.S. Food and Drug Administration (FDA)
 - C. Nutrition Labeling and Education Act (NLEA)
 - D. United States Department of Agriculture (USDA)

- 4. Which exercise is the best example of a closed-kinetic-chain movement?**
 - A. Seated leg curl
 - B. Seated leg extension
 - C. Body-weight squat
 - D. Standing lateral deltoid raise

- 5. For a beginner client struggling with motivation, which approach should a personal trainer take?**
 - A. Impose strict workout routines
 - B. Focus on clients' past failures
 - C. Make training sessions enjoyable and engaging
 - D. Advise on dietary restrictions immediately

- 6. An ACE Certified Personal Trainer is working with a client identified as being in the action stage. Which option would likely enhance the client's success?**
- A. Listen effectively to the client's concerns
 - B. Provide educational information
 - C. Help the client set up a mobile app to track physical activity
 - D. Express empathy to the client
- 7. When the body has a soft-tissue injury, during which phase does the body regenerate tissue?**
- A. Inflammation
 - B. Remodeling
 - C. Repair
 - D. Maturation
- 8. Which of the following BEST defines an Estimated Average Requirement (EAR)?**
- A. The level of intake of a nutrient that is adequate to meet the known needs of practically all healthy persons
 - B. Recommended nutrient intake level that appears to be sufficient for good health
 - C. The adequate intake in 50% of an age- and sex-specific group
 - D. The maximal intake that is unlikely to pose a risk of adverse health effects to almost all individuals in an age- and sex-specific group
- 9. What is the main goal of a dietary intervention aimed at reducing weight?**
- A. To reduce caloric intake to meet needs of daily caloric expenditure
 - B. To create a balanced diet and introduce physical activity
 - C. To choose nutrient-dense food to reduce calories
 - D. To create a caloric deficit so that fewer calories are consumed than are expended
- 10. According to the Recommended Dietary Allowance (RDA), how much protein should a 210-pound client consume daily?**
- A. 76 to 95 g
 - B. 191 to 239 g
 - C. 258 to 305 g
 - D. 133 to 163 g

Answers

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

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Explanations

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1. What is the recommended heart-rate reserve for a client engaging in active recovery?

- A. 45 to 50%
- B. 75 to 80%
- C. 55 to 60%**
- D. 65 to 70%

The recommended heart-rate reserve for a client engaging in active recovery is typically in the range of 55 to 60%. Active recovery involves lower-intensity physical activity that helps the body transition from a higher intensity workout to rest. This moderate range fosters blood flow, aids in muscle recovery, and enhances overall aerobic conditioning without placing excessive strain on the cardiovascular system. In this context, the 55 to 60% range is ideal as it allows for a beneficial recovery process while ensuring that the heart rate remains elevated enough to promote circulation and recovery, rather than falling into complete rest or lower intensities which might not provide these benefits. Choosing a heart-rate reserve that is too high may lead to fatigue rather than recovery, while too low of a reserve might not effectively support the recovery process.

2. What is the most appropriate regression for a client struggling with a dynamic lunge on a box?

- A. Static lunge
- B. Parallel bars - static lunge on a box**
- C. Parallel bars - box - 1 hand touching a stable object
- D. Dynamic lunge

In the context of regression for a client who is having difficulty performing a dynamic lunge on a box, utilizing parallel bars for a static lunge on a box is particularly beneficial. This approach provides the client with additional support, helping to enhance their stability and confidence while performing the movement. Using parallel bars allows the client to focus on their form and balance without the added complexity of a dynamic movement. It helps in isolating the specific muscle groups involved in the lunge, enabling the client to build strength and stability in a controlled environment. As they become more comfortable and proficient with the static lunge using the support of the bars, they can gradually progress towards more dynamic movements. This option creates a safe progression path that accounts for the client's current struggles, facilitating effective muscle engagement while mitigating the risk of injury or improper technique during exercise. It lays a foundational skill set that a client can build upon, enhancing their overall performance in lunging movements.

3. Which act regulates structure/function claims?

- A. Dietary Supplement Health and Education Act (DSHEA)**
- B. U.S. Food and Drug Administration (FDA)
- C. Nutrition Labeling and Education Act (NLEA)
- D. United States Department of Agriculture (USDA)

The Dietary Supplement Health and Education Act (DSHEA) is the regulatory framework that governs the labeling and marketing of dietary supplements, specifically regarding structure/function claims. This act allows manufacturers to state how a dietary supplement affects the body's structure or function, as long as these claims are not misleading and the products are properly labeled. The regulations ensure that such claims are substantiated by evidence, though they are not subject to the same rigorous pre-market approval as pharmaceutical drugs. While the U.S. Food and Drug Administration (FDA) plays a significant role in overseeing dietary supplements and ensuring compliance with the laws, it is the DSHEA that specifically grants the allowance for structure/function claims. The Nutrition Labeling and Education Act (NLEA) pertains mainly to the labeling of conventional foods and specific nutrient claims, rather than dietary supplements. The United States Department of Agriculture (USDA) primarily regulates meat, poultry, and eggs, and is less involved with dietary supplement claims. Thus, the correct answer reflects the framework specifically designed to regulate how structure/function claims on dietary supplements can be communicated to consumers.

4. Which exercise is the best example of a closed-kinetic-chain movement?

- A. Seated leg curl
- B. Seated leg extension
- C. Body-weight squat**
- D. Standing lateral deltoid raise

A closed-kinetic-chain movement refers to an exercise where the distal segment of the body (such as the foot) is fixed in place and cannot move freely. This type of exercise usually involves multiple joints and tends to engage more muscle groups, providing functional benefits and stability. The body-weight squat is an excellent example of a closed-kinetic-chain movement because the feet are planted on the ground throughout the exercise. As you perform a squat, the motion involves bending at the knees and hips while the feet remain stationary, allowing the body to engage the muscles of the thighs, hips, and core effectively. This integrated movement pattern mimics activities in daily life, such as sitting down or standing up, making it functional and beneficial for overall stability and strength. In contrast, the seated leg curl and the seated leg extension involve movements where the feet are not fixed in the same way. In these exercises, the legs move freely on machines, isolating particular muscles without the same level of engagement of multiple joint systems. The standing lateral deltoid raise focuses on shoulder motion and involves lifting weights without leg fixation, thus lacking the characteristics of a closed-kinetic-chain movement.

5. For a beginner client struggling with motivation, which approach should a personal trainer take?

- A. Impose strict workout routines
- B. Focus on clients' past failures
- C. Make training sessions enjoyable and engaging**
- D. Advise on dietary restrictions immediately

The most effective approach for a beginner client struggling with motivation is to make training sessions enjoyable and engaging. When clients find their workouts enjoyable, they are more likely to remain committed and look forward to their exercise routine. This engagement can foster a positive association with physical activity and promote consistency over time, which is crucial for establishing a long-term habit of fitness. An enjoyable experience can include incorporating varied activities, using music, setting achievable goals, and providing positive reinforcement, all of which can significantly enhance motivation. This focus on enjoyment not only helps the client feel more comfortable but also encourages them to explore and develop a personal interest in fitness, which is essential for sustainable change. Focusing on past failures could lead to discouragement and a negative mindset, which does not contribute positively to motivation. Likewise, imposing strict workout routines may overwhelm a beginner and create a sense of frustration rather than empowerment. Advising on dietary restrictions immediately may also place too much pressure on the client before they have even established a consistent exercise routine, potentially leading to resistance rather than motivation.

6. An ACE Certified Personal Trainer is working with a client identified as being in the action stage. Which option would likely enhance the client's success?

- A. Listen effectively to the client's concerns
- B. Provide educational information
- C. Help the client set up a mobile app to track physical activity**
- D. Express empathy to the client

In the context of behavior change models, such as the Transtheoretical Model, individuals in the action stage are actively engaged in making changes and require support that aligns with their current level of commitment. Helping the client set up a mobile app to track physical activity is particularly beneficial in this stage for several reasons. Firstly, a mobile app provides a practical tool for monitoring progress, which can significantly enhance motivation and accountability. Clients in the action stage are looking for ways to sustain their new behaviors, and having a method to track their physical activity can help them see their achievements and patterns over time. This visual representation of progress can reinforce their commitment to maintaining the changes they are making. Secondly, utilizing technology can facilitate engagement. Many clients appreciate the convenience and interactive nature of mobile apps, which can make the process of tracking activities more enjoyable and less tedious. By incorporating a mobile app into their routine, clients can also receive reminders and goal-setting functionalities that support ongoing adherence to their fitness program. While listening effectively, providing educational information, and expressing empathy are all valuable skills that contribute to a supportive training environment, the option of helping a client set up a mobile app is particularly aligned with the needs and goals of someone who is actively working to establish new behaviors. This

7. When the body has a soft-tissue injury, during which phase does the body regenerate tissue?

- A. Inflammation
- B. Remodeling
- C. Repair**
- D. Maturation

The repair phase is key in the healing process of soft-tissue injuries, as it is during this phase that the body actively regenerates tissue. This phase follows the initial inflammation, where the body responds to the injury by swelling and sending inflammatory cells to begin the healing process. During the repair phase, new tissue, also known as granulation tissue, is formed which eventually replaces damaged tissue. This involves the proliferation of cells and the synthesis of extracellular matrix components, which ultimately contributes to the rebuilding of the tissue structure. This is a critical phase because it sets the foundation for restoring the strength and functionality of the injured area. The subsequent phases, such as remodeling and maturation, focus on refining and strengthening the newly formed tissue but do not primarily involve the regeneration of new tissue. The remodeling phase enhances the alignment and tensile strength of the repaired tissue, while the maturation phase is more about the overall adaptation and maintenance of the tissue biomechanically and physiologically. Therefore, the repair phase is specifically noted for the active regeneration of tissue, making it the correct choice in relation to the question asked.

8. Which of the following BEST defines an Estimated Average Requirement (EAR)?

- A. The level of intake of a nutrient that is adequate to meet the known needs of practically all healthy persons
- B. Recommended nutrient intake level that appears to be sufficient for good health
- C. The adequate intake in 50% of an age- and sex-specific group**
- D. The maximal intake that is unlikely to pose a risk of adverse health effects to almost all individuals in an age- and sex-specific group

The Estimated Average Requirement (EAR) is defined as the intake level of a nutrient that is estimated to meet the needs of 50% of healthy individuals in a specific age and sex group. This definition underscores the statistical nature of the EAR, emphasizing that it is not designed to meet the requirements of everyone but rather half of a defined population. This makes the EAR a useful benchmark for assessing nutritional adequacy among groups, rather than individuals. On the other hand, other options represent different dietary reference values. The first option describes the Recommended Dietary Allowance (RDA), which is intended to cover the nutrient needs of nearly all (97-98%) of the population, thereby providing a higher intake goal than the EAR. The second option aligns more closely with the Adequate Intake (AI) set for nutrients without sufficient scientific evidence to determine an EAR. Lastly, the fourth option refers to the Tolerable Upper Intake Level (UL), indicating the maximum daily intake unlikely to cause adverse effects, which is a separate concept from the EAR. Understanding the specific definitions and purposes of these dietary reference values helps in comprehensively grasping the recommendations for nutrient intake.

9. What is the main goal of a dietary intervention aimed at reducing weight?

- A. To reduce caloric intake to meet needs of daily caloric expenditure
- B. To create a balanced diet and introduce physical activity
- C. To choose nutrient-dense food to reduce calories
- D. To create a caloric deficit so that fewer calories are consumed than are expended**

The primary goal of a dietary intervention aimed at reducing weight is to create a caloric deficit, which occurs when a person consumes fewer calories than they expend in their daily activities. This deficit is essential for weight loss because the body starts to utilize stored energy reserves, primarily fat, to meet its energy needs. By ensuring that calorie intake is less than calorie expenditure, the individual can systematically reduce body weight over time. While the other options present important aspects of weight management, they do not focus on the fundamental principle of creating a caloric deficit. Reducing caloric intake to meet daily caloric expenditure or choosing nutrient-dense foods are strategies that can contribute to this goal but are not the main objective; rather, they serve as methods to achieve the ultimate aim of sustaining a caloric deficit. A balanced diet and physical activity are also beneficial but again serve as supportive measures rather than encapsulating the primary focus of the intervention.

10. According to the Recommended Dietary Allowance (RDA), how much protein should a 210-pound client consume daily?

- A. 76 to 95 g
- B. 191 to 239 g
- C. 258 to 305 g
- D. 133 to 163 g**

To determine the Recommended Dietary Allowance (RDA) for protein based on body weight, the general guideline is to consume about 0.8 grams of protein per kilogram of body weight. For a 210-pound individual, this involves a few conversion steps: first, converting pounds to kilograms by dividing the weight by 2.2. For a 210-pound person, the calculation would be approximately: $210 \text{ lbs} \div 2.2 = 95.5 \text{ kg}$. Next, multiplying this figure by 0.8 grams of protein gives: $95.5 \text{ kg} \times 0.8 \text{ g/kg} = 76.4 \text{ grams of protein}$. To account for individual factors such as activity level, age, and muscle mass, it's often recommended to aim for higher amounts within a safe range, typically reaching around 1.2 to 2.0 grams of protein per kilogram for those who are more active or require additional protein for specific health benefits. Applying this range, especially for someone who may be active or looking to maintain muscle mass, suggests the protein requirement could extend significantly. Thus, the proposed range of 133 to 163 grams is a reasonable target for an active individual at this weight, as it accommodates

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://ctc.examzify.com>

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

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