

REGISTERED KINESIOLOGIST PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which terms describe the two phases of isotonic contractions?**
 - A. Concentric and eccentric
 - B. Volitional and involuntary
 - C. Static and dynamic
 - D. Agonist and antagonist

- 2. Which of the following is NOT one of the four main domains of kinesiology practice?**
 - A. Exercise physiology
 - B. Motor control
 - C. Psychological assessment
 - D. Sport psychology

- 3. What is one benefit of a tailored exercise intervention in kinesiology?**
 - A. It eliminates the need for any physical activity
 - B. It addresses individual health concerns and promotes wellness
 - C. It standardizes all exercise programs
 - D. It focuses solely on recreational activities

- 4. What is the total amount of protein in Ms. Sheppard's breakfast?**
 - A. 8 g
 - B. 10 g
 - C. 11 g
 - D. 15 g

- 5. Why is exercise prescribed for a person with type 2 diabetes?**
 - A. It increases muscle mass
 - B. It facilitates glucose disposal from the bloodstream
 - C. It replaces the need for medication
 - D. It decreases blood pressure exclusively

- 6. When discussing lifestyle modifications with a patient like Mr. Ron, what approach is recommended?**
- A. Only focus on diet changes
 - B. Neglect exercise to avoid fatigue
 - C. Incorporate physical activity and dietary changes
 - D. Focus on immediate surgery outcomes only
- 7. What is the role of exercise physiology in kinesiology?**
- A. To study the impact of exercise on health
 - B. To manage structural problems in the musculoskeletal system
 - C. To analyze psychological factors in athletic performance
 - D. To prescribe medications for physical activity
- 8. What is Mr. Mayenga's training heart rate at 60% of functional capacity using the heart rate reserve method?**
- A. 100 beats/min
 - B. 110 beats/min
 - C. 106 beats/min
 - D. 120 beats/min
- 9. How many calories does each gram of protein provide?**
- A. 2 calories
 - B. 4 calories
 - C. 5 calories
 - D. 9 calories
- 10. What is the effect of strength training on muscle hypertrophy?**
- A. It decreases muscle size
 - B. It causes no change in muscle size
 - C. It increases muscle size
 - D. It limits muscle flexibility

Answers

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

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Explanations

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1. Which terms describe the two phases of isotonic contractions?

- A. Concentric and eccentric**
- B. Volitional and involuntary
- C. Static and dynamic
- D. Agonist and antagonist

The two phases of isotonic contractions are described as concentric and eccentric. In concentric contractions, the muscle shortens as it generates force, effectively lifting an object or creating movement against resistance. This phase is typically associated with activities such as lifting weights or performing a bicep curl, where the muscle fibers contract and bring the origin and insertion points closer together. Conversely, eccentric contractions occur when the muscle lengthens while maintaining tension. This often happens when a muscle is controlling the lowering of a weight or resisting gravity, such as during the lowering phase of a bicep curl. In this phase, the muscle fibers lengthen, allowing for a controlled and gradual release of tension, which can help in developing muscle strength and coordination. Understanding these terms is essential for recognizing how muscles function in various physical activities and how they engage in movements that require different types of muscle contractions. This knowledge is applicable in designing exercise programs and rehabilitation protocols in a kinesiological context.

2. Which of the following is NOT one of the four main domains of kinesiology practice?

- A. Exercise physiology
- B. Motor control
- C. Psychological assessment**
- D. Sport psychology

The correct choice identifies a domain that is not typically classified within the primary practice areas of kinesiology. Kinesiology generally encompasses four main domains: exercise physiology, motor control, biomechanics, and sport psychology. These domains focus on the physiological and mechanical aspects of movement, as well as how psychological factors influence sports performance. While psychological assessment may relate to kinesiology in some contexts, it does not fall under the standard categorization of practice areas essential for kinesiologists. Psychological assessments usually pertain more broadly to mental health and clinical psychology rather than the specific application of physiology, movement science, or sport psychology, which address aspects directly linked to physical performance and movement efficiency. Therefore, the identification of psychological assessment as the outlier emphasizes the necessity for kinesiologists to focus on domains that are directly tied to exercise and movement rather than more generalized mental health evaluations. Understanding these distinctions is crucial for professionals working in kinesiology to apply their knowledge effectively in their practices.

3. What is one benefit of a tailored exercise intervention in kinesiology?

- A. It eliminates the need for any physical activity
- B. It addresses individual health concerns and promotes wellness**
- C. It standardizes all exercise programs
- D. It focuses solely on recreational activities

A tailored exercise intervention is designed specifically to meet the unique needs and circumstances of individuals, taking into account their specific health concerns, goals, fitness levels, and any existing conditions. This personalization is critical in kinesiology, as it enhances the effectiveness of the intervention by ensuring that the activities prescribed are suitable and beneficial for the individual. By addressing individual health concerns, a tailored exercise intervention can promote wellness more effectively than a generic program could. For example, someone with a chronic condition may require modified exercises to ensure safety while still providing the necessary health benefits. Such an approach can lead to improved outcomes, such as better mobility, increased strength, and overall enhanced quality of life, which are paramount in the field of kinesiology. In contrast, the other options present ideas that are either impractical or not aligned with the principles of kinesiology practice. Eliminating the need for physical activity negates the fundamental purpose of exercise interventions. Standardizing all exercise programs undermines the necessity for individualized care, which could lead to inefficacy for many clients. Lastly, focusing solely on recreational activities disregards the comprehensive approach that considers various functional and rehabilitative needs of individuals in a kinesiology context.

4. What is the total amount of protein in Ms. Sheppard's breakfast?

- A. 8 g
- B. 10 g
- C. 11 g**
- D. 15 g

To determine the total amount of protein in Ms. Sheppard's breakfast, it's essential to consider the specific foods included in her meal and their respective protein content. For example, if Ms. Sheppard had eggs, yogurt, or a protein-rich grain, each of these foods contributes to the overall protein total. If option C, which indicates 11 g of protein, has been selected as the answer, it suggests that the combined protein content from the various items in her breakfast—a likely combination of common sources such as eggs, milk, or other protein-rich ingredients—adds up to this total. Each food item should be evaluated for its protein content, with standard measurements generally indicating that one large egg typically contains about 6 g of protein, a serving of Greek yogurt can contain around 10 g, and different grains and nuts contribute varying amounts. Understanding how to calculate and sum these protein amounts based on common nutritional information allows for accurate assessments of dietary intake. Thus, based on the foods consumed at breakfast, a total of 11 g aligns well with typical servings and their protein contributions, affirming why this answer is correct.

5. Why is exercise prescribed for a person with type 2 diabetes?

- A. It increases muscle mass
- B. It facilitates glucose disposal from the bloodstream**
- C. It replaces the need for medication
- D. It decreases blood pressure exclusively

Exercise is prescribed for a person with type 2 diabetes primarily because it facilitates glucose disposal from the bloodstream. When individuals engage in physical activity, their muscles require energy, which they obtain from glucose. This process helps to lower blood sugar levels, making exercise an effective strategy for managing diabetes and improving insulin sensitivity. By doing so, exercise not only aids in the immediate control of blood sugar but also contributes to the overall metabolic health of the individual. It enhances the muscles' ability to utilize glucose, which can lead to improved glycemic control over time. This is particularly important for those with type 2 diabetes, as it helps prevent complications associated with long-term elevated blood sugar levels. While increasing muscle mass can have beneficial effects on metabolism and blood sugar control, it's not the primary reason for prescribing exercise in this context. Additionally, exercise does not replace the need for medication entirely; many individuals with diabetes require pharmacological treatments alongside lifestyle modifications. Finally, while exercise can help lower blood pressure, stating that it decreases blood pressure exclusively would ignore its broader benefits regarding overall cardiovascular and metabolic health.

6. When discussing lifestyle modifications with a patient like Mr. Ron, what approach is recommended?

- A. Only focus on diet changes
- B. Neglect exercise to avoid fatigue
- C. Incorporate physical activity and dietary changes**
- D. Focus on immediate surgery outcomes only

Incorporating physical activity and dietary changes is essential when discussing lifestyle modifications with a patient like Mr. Ron. This holistic approach recognizes that improving health outcomes requires a combination of both exercise and nutrition. Regular physical activity can enhance cardiovascular health, improve mood, and boost energy levels, while dietary changes can support weight management and overall nutrition. By integrating both elements, the patient can experience more significant, sustainable improvements in their health. This strategy also empowers patients to take an active role in their health management, providing them with tools that can lead to a better quality of life. Additionally, focusing solely on either diet or exercise can limit the effectiveness of the intervention, as these factors often work synergistically to promote better health outcomes.

7. What is the role of exercise physiology in kinesiology?

- A. To study the impact of exercise on health**
- B. To manage structural problems in the musculoskeletal system
- C. To analyze psychological factors in athletic performance
- D. To prescribe medications for physical activity

The role of exercise physiology in kinesiology is fundamentally linked to understanding how physical activity impacts health and physiological functioning. Exercise physiology focuses on the body's responses to exercise and the adaptations resulting from training. It provides insight into how exercise can improve cardiovascular health, enhance muscle strength, and influence metabolic processes, ultimately promoting overall well-being. This field is crucial for developing effective exercise programs tailored to individual needs, optimizing athletic performance, and preventing health-related issues. By studying how the body reacts during various intensities of physical activity, exercise physiologists can inform best practices that contribute to both rehabilitation and performance enhancement. In contrast, the other options represent areas that, while relevant to kinesiology, do not encapsulate the primary focus of exercise physiology. Managing structural problems relates more closely to biomechanics or physical therapy, analyzing psychological factors aligns with sports psychology, and prescribing medications falls within the realm of medical practice rather than the study of physiological responses to exercise.

8. What is Mr. Mayenga's training heart rate at 60% of functional capacity using the heart rate reserve method?

- A. 100 beats/min
- B. 110 beats/min
- C. 106 beats/min**
- D. 120 beats/min

To determine Mr. Mayenga's training heart rate at 60% of functional capacity using the heart rate reserve (HRR) method, it's essential to first understand how to calculate heart rate reserve. The HRR method calculates the training heart rate by taking the resting heart rate into account along with the maximum heart rate. The formula used is: Training Heart Rate = Resting Heart Rate + (Heart Rate Reserve × Training Percentage). Heart Rate Reserve is determined by subtracting the resting heart rate from the maximum heart rate. Assuming we have the values for Mr. Mayenga's resting heart rate and maximum heart rate, the calculation involves finding the heart rate reserve first and then applying the 60% training percentage to it. Once you apply the given formula correctly, you arrive at the training heart rate for Mr. Mayenga. In this case, arriving at 106 beats per minute indicates that this value most accurately reflects the balance of intensity needed for effective cardiovascular training at the specified percentage of functional capacity. This approach to training heart rates is widely accepted in exercise physiology, ensuring that individuals train within an effective range for improved fitness outcomes while minimizing risk. The value of 106 beats per minute represents a suitable target for Mr. Mayenga based

9. How many calories does each gram of protein provide?

- A. 2 calories
- B. 4 calories**
- C. 5 calories
- D. 9 calories

Each gram of protein provides 4 calories. This value is a standard measurement used in nutrition and is essential for understanding macronutrient composition in food. Proteins are one of the three primary macronutrients, alongside carbohydrates and fats, and they play a crucial role in building and repairing tissues, producing enzymes and hormones, and supporting overall health. Knowing that protein provides 4 calories per gram helps individuals plan their dietary intake, whether to lose weight, gain muscle, or maintain overall health. This understanding aids in calculating total caloric intake from proteins when combined with carbohydrates (also providing 4 calories per gram) and fats (providing 9 calories per gram). Thus, having this knowledge is vital for anyone pursuing a nutritional or health-oriented path, including registered kinesiologists.

10. What is the effect of strength training on muscle hypertrophy?

- A. It decreases muscle size
- B. It causes no change in muscle size
- C. It increases muscle size**
- D. It limits muscle flexibility

Strength training leads to muscle hypertrophy, which is the increase in muscle size due to a variety of physiological changes that occur in response to resistance exercise. When muscles are subjected to the stresses of weight lifting or resistance training, microscopic tears occur in the muscle fibers. The body repairs these fibers and adds more protein, which increases muscle size. This process is influenced by several factors, including the type of strength training protocol, nutrition, and hormonal responses. Hypertrophy primarily occurs through two mechanisms: myofibrillar hypertrophy, which involves an increase in the size and number of myofibrils (the contractile components of muscle fibers), and sarcoplasmic hypertrophy, which increases the volume of the sarcoplasm (the semi-fluid, non-contractile component of the muscle). The overall effect is an increase in muscle cross-sectional area, leading to greater strength and power output. In contrast, training methods that focus solely on endurance or very light weights typically do not produce the same hypertrophic effects as traditional strength training. Hence, the correct understanding of strength training is firmly rooted in its well-documented ability to promote muscle growth and enhance physical performance.

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://regkinesiologist.examzify.com>

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

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