

Certified Exercise Physiologist (EP-C)

1. An intake of additional protein calories above an average individual's daily requirement will result in which of the following?

A. A conversion to fat and stored as triglyceride

B. An increase in water retention

C. A conversion to carbohydrates and stored as glycogen

D. Muscle hypertrophy

Answer(s): A

2. Which of the following points should NOT be included in an Informed Consent document regarding fitness testing?

A. Identical language for both diagnostic and prescriptive tests

B. Reminder that the client is free to stop the test at any point

C. Warning that death could result from participation

D. Statement that the patient has been given an opportunity to ask questions about procedures

Answer(s): A

3. You determine that a client is over striding when they run. What would be the effect on their running performance due to this mechanical error?

A. Decrease in running economy and increase in braking motion.

B. Increase in energy cost and increase in running economy.

C. Decrease in energy cost and decrease in braking motion.

D. Increase in turnover rate and decrease in running economy.

Answer(s): A

4. What factors should be taken into account when determining appropriate exercise test mode?

A. Age, health history, current physical activity level

B. Health history, gender, current physical activity level

C. Age, health history, gender

D. Health history, occupation, gender

Answer(s): A

5. What is bradycardia?

A. Heart rate between 70 and 80 beats per minute

B. Heart rate greater than 100 beats per minute

C. Heart rate less than 60 beats per minute

D. Heart rate between 90 and 100 beats per minute

Answer(s): C

6. What is the American College of Sports Medicine's recommendation regarding frequency to increase cardiorespiratory fitness?

A. Four to six days per week

B. Two to three days per week

C. Three to five days per week

D. One to two days per week

Answer(s): C

7. The personal trainer's analysis of posture and body alignment should be made from which of the three different positions?

A. Line of gravity, laterally from both sides, posterior

B. Line of gravity, posterior, superior

C. Anterior, posterior, laterally from both sides

D. Anterior, posterior, superior

Answer(s): C

8. The _____ is the muscle responsible for inspiration during quiet breathing.

A. internal intercostals

B. external intercostals

C. diaphragm

D. rectus abdominus

Answer(s): C

9. Which statement is true regarding exercise for the prepubescent child?

A. Children should perform at a low level of exertion only.

B. Since children are anatomically immature, they should not participate in any form of resistance training exercise.

C. Children are less tolerant of heat because of a higher threshold for sweating.

D. Due to the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.

Answer(s): C

10. When working with a client who has COPD (stable and medically cleared for exercise) and likes swimming, you should recommend they swim _____ days per week at a _____ intensity.

A. < 3, high

B. > 3, low

C. < 3, low

D. > 3, high

Answer(s): D

11. A client's workout record shows changes in exercise volume and intensity over time. What training concept is being demonstrated?

A. Periodization

B. Specificity

C. Overtraining

D. Reversibility

Answer(s): A

12. What are the acute affects of alcohol intake on exercise?

A. Increases risk of heart arrhythmias and increases exercise capacity

B. Decreases metabolic rate and increases blood pressure

C. Promotes dehydration and increases risk of heart arrhythmias

D. Increases blood pressure and impairs exercise capacity

Answer(s): C

13. Why is a cool-down period important?

A. Reduces brain blood flow back to normal

B. Helps prevent injuries

C. Prevents heat stroke

D. Returns pooled blood back to central circulation

Answer(s): D

14. Neural mechanisms responsible for adaptations in strength and power include all of the following EXCEPT an increased _____.

A. motor unit firing rate

B. antagonist muscle coactivation

C. fast-twitch fiber recruitment

D. motor unit recruitment

Answer(s): B

15. What is the correct spotting technique for the barbell lunge?

A. Keep hands near the barbell.

B. Keep hands on client's hips/waist or torso at all times.

C. Place arms underneath your client's arms.

D. Keep hands close to client's hips/waist or torso at all times.

Answer(s): D

16. What are the FITT Factors?

A. Frequency, intensity, total, type

B. Frequency, intensity, time, type

C. Frequency, injury, time, type

D. Form, intensity, time, type

Answer(s): B

17. The changes in muscle size associated with long-term resistance training is most likely due to increases in _____.

A. Hydration state of the muscle.

B. Muscle fiber cross-sectional diameter.

C. Connective tissue thickness.

D. Muscle fiber number.

Answer(s): B

18. Your client is 5' 3" tall and weighs 130 pounds. After calculating her BMI, you have determined that she falls in which of the following weight status categories?

A. Normal

B. Obese

C. Underweight

D. Overweight

Answer(s): A

19. What is the definition of arteriosclerosis?

A. Death of cardiac tissue

B. Accumulation of plaque

C. Hardening of the arteries

D. Widening of the arteries

Answer(s): C

20. When reading the label on a new "energy" bar, you notice that the bar is "sweetened with fructose". Based on this label, which of the following conclusions can you make about this product?

A. The bar is sweetened with a disaccharide.

B. Fructose in this bar would give it a high glycemic index.

C. Fructose is a type of organic micronutrient.

D. The bar is sweetened with a monosaccharide.

Answer(s): D
