

Fitness

AFAA

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Question: 1

A nonathlete who weighs 80 kg would require _____ grams per day of protein.

- A. 50 grams
- B. 80 grams
- C. 64 grams
- D. 100 grams

Answer: C

Explanation:

The average person's daily requirement for protein is 0.8 g/kg. In other words, multiplying 0.8 by the person's weight in kilograms will give the daily amount of protein in grams needed. For this individual, that would be $80 \times 0.8 = 64$ grams. Athletes require more protein each day—about 1.2 to 2 g/kg of body weight. If this individual were an athlete, he or she would require between 96 and 160 grams of protein per day. In addition to these specific recommendations, it is also recommended that protein account for about 12 to 15% of the total calories a person eats each day.

Question: 2

A deficiency of which vitamin can lead to difficulty seeing at night and an increased susceptibility to infections?

- A. vitamin B1
- B. vitamin B3
- C. vitamin E
- D. vitamin A

Answer: D

Explanation:

Vitamin A, known as retinol, is found in foods such as fish liver oils, butter, and egg yolks. It is critical for red blood cell and embryo development and normal functioning of the eyes, the immune system, and the skin. Vitamin B: is also called thiamin. A deficiency of this vitamin can lead to beriberi. Symptoms of beriberi can include cardiovascular problems, peripheral neuropathy, and cognitive and psychiatric problems. Vitamin B: is also known as niacin; a deficiency of this vitamin can cause a disease called pellagra. Pellagra can cause a skin rash, gastrointestinal symptoms, or cognitive difficulties. If untreated, it can also lead to death. Vitamin E is an antioxidant that augments the immune system. It can help prevent cell membranes from being destroyed by harmful free radicals.

Question: 3

You are exercising outdoors and become concerned that your client may be dehydrated. At what point would her condition be considered a medical emergency?

- A. When she complains that her leg muscles are cramping
- B. When she seems to be confused and doesn't know where she is
- C. When she becomes dizzy and light-headed
- D. When she begins complaining of a headache

Answer: B

Explanation:

Dehydration, heat exhaustion, and heat stroke are conditions that are best avoided by encouraging clients to drink either water or sports drinks often. When individuals wait until they feel thirsty to drink, they may already have lost 1 to 2 liters of fluid. A dehydrated individual may feel less energetic and begin to develop muscle cramps. If not treated, an individual can develop heat exhaustion, which may be manifested by headaches and feelings of nausea. If heat exhaustion isn't treated, an individual may suffer from heat stroke. During heat stroke, an individual's body temperature increases, and he or she may become confused or lose consciousness. This is a medical emergency. The patient needs to have her body temperature lowered as quickly as possible.

Question: 4

What food information is NOT present on a food label?

- A. amount of protein in a serving
- B. amount of cholesterol in a serving
- C. amount of calories in a serving
- D. amount of caffeine in a serving

Answer: D

Explanation:

Labeling on food packages is helpful in determining a number of characteristics of a food, including the ingredients, serving size, and nutrients present in the food. Food label information is based on a 2,000 calorie diet. It provides the percent daily value for the amount of fats, cholesterol, sodium, potassium, carbohydrates, and protein present in a serving size. While caffeine will be listed as an ingredient if it is present in the food, the specific amount of caffeine will not be listed.

Question: 5

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

-
- A. "How would you like this work to help you?"
 - B. "Can you tell me about your daily routine?"
 - C. "What health problems do you have?"
 - D. "Do you think you have clinical depression?"

Answer: D

Explanation:

It is important to remember that coaching is not therapy or mental health counseling.

Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history—medical and otherwise—so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

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