

## **INDEX TO QUESTION REFERENCES -- VOLUME 2**

(An updated list to provide references for the recently-released "NSCA's Essentials of Personal Training" text)

<b>Content Area 1: CLIENT CONSULTATION/ASSESSMENT</b>				
PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the NSCA's Essentials of Personal Training Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
1	1 C1	Ch 11: P 237 c2p8 – P 238 c2p1, P 238 Figure 11.8	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
9	1 C1	Ch 11: P 220 c1p4 – P 221 c2p1	Client Consultation and Fitness Assessment	QT: blood pressure protocol
10	1 C1	Ch 11: P 223 c2p5 – P 224 c2p3, P 225 Figure 11.2 (c)	Client Consultation and Fitness Assessment	QT: skinfold measurement protocol
14	1 A3	Ch 9: P 163 c1p2	Client Consultation and Fitness Assessment	QT: initial consultation, PAR-Q, medical history
15	1 C1	Ch 11: P 218 c2p1-5 <b>NOTE: The correct answer is B or D.</b>	Client Consultation and Fitness Assessment	QT: resting heart rate protocol
16	1 D1	Ch 7: P 132 c2p3	Nutrition and Weight Management Issues	QT: dehydration, fluid replenishment
40	1 C2		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" QT: fat-free weight, lean body mass, fat weight
42	1 D3	Ch 19: P 503 c2p2 – P 504 c2p2, P 504 Table 19.7, P 505 Table 19.8	Nutrition and Weight Management Issues	QT: signs of anorexia and bulimia
44	1 D1	Ch 7: P 130 (box)	Nutrition and Weight Management	QT: number of kilocalories per gram of protein, carbohydrate, and fat
45	1 B3	Ch 9: P 165 c1p4 – P 168 c1p1, P 166 Table 9.1, P 171 c2p2, P 172 Table 9.2	Client Consultation and Fitness Assessment	QT: coronary heart disease risk factors, risk stratification

## Content Area 2: PROGRAM PLANNING

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the NSCA's <i>Essentials of Personal Training</i> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
13	2 C2	Ch 2: P 25 c2p1	Client Consultation and Fitness Assessment	QT: blood pressure, systole, diastole
17	2 A4	Ch 8: P 150 c2p1	Client Consultation and Fitness Assessment	QT: goal setting, positive reinforcement
18	2 B3	Ch 3: P 46 c1p1	Aerobic Exercise Prescription	QT: relationship between exercise intensity and exercise duration, energy systems
19	2 B1	Ch 21: P 547 c2p4	Biomechanical Concepts	QT: open and closed kinetic chain exercises
20	2 C2	Ch 4: P 61 c1p4 – c2p1; Ch 5: P 87 c1p2	Anaerobic and Aerobic Training Adaptations	QT: neuromuscular adaptations to resistance training, neural factors
21	2 D1		Training Special Populations	Faigenbaum, A. "Youth Resistance Training" QT: Tanner scale, prepubescent training
24	2 B5	Ch 15: P 367 c2p3	Weight Training Exercise Prescription	QT: weight training exercise frequency, program design variables, split routine
25	2 C2	Ch 5: P 85 c2p3 – P 91 c2p2; Ch 6: P 106 c2p2 – P 109 c1p1	Anaerobic and Aerobic Training Adaptations	QT: chronic adaptations to aerobic exercise and resistance training
26	2 B4	Ch 16: P 407 Figure 16.3	Aerobic Exercise Prescription	QT: rate of perceived exertion (RPE)
29	2 D2	Ch 19: P 499 c1p2 – c2p1	Training Special Populations	QT: anterior pelvic tilt, low back pain
30	2 B1	Ch 21: P 551 c2p4	Training Special Populations	QT: exercise limitations of arthritis
31	2 D1		Training Special Populations	ACOG "Exercise - Pregnancy and Postpartum" QT: physiological changes due to pregnancy

33	2 B3	Ch 15: P 371 Table 15.3	Weight Training Exercise Prescription	QT: weight training load assignment, %1RM-repetition relationship
34	2 D2	[a partial reference] Ch 10: P 205 c1p2; Ch 18: P 471 (box)	Training Special Populations	QT: balance training for the elderly
39	2 A1	Ch 11: P 249 Table 11.7, P 255 Table 11.25, P 256 Table 11.26, P 258 Table 11.29	Client Consultation and Fitness Assessment	QT: norms for fitness tests
41	2 B3	Ch 16: P 404 c2p1-4, P 406 (box)	Aerobic Exercise Prescription	QT: Karvonen formula, aerobic exercise intensity, functional capacity

### Content Area 3: TECHNIQUES OF EXERCISE

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <u>NSCA's Essentials of Personal Training</u> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
2*	3 A2	Ch 13: P 303 (exercise)		QT: bent-over row, deadlift V: category-0:56:49; exercise-0:59:56 V: category-0:23:15; exercise-0:29:22
3	3 A2	Ch 13: P 324 (exercise)	Free Weight & Machine Exercise Techniques	QT: lunge V: category-0:23:15; exercise-0:33:05
4	3 A2	[a partial reference] Ch 13: P 311 (exercise)		QT: triceps pushdown, pullover
5	3 A2	Ch 13: P 296 c1p3 – c2p1, P 296 Figure 13.1, P 299 c2p2, P 310 (exercise)	Free Weight & Machine Exercise Techniques	QT: lying triceps extension, grips, spotting V: category-1:14:28; exercise-1:15:01
6	3 A1	Ch 4: P 55 c2p3, P 56 Figure 4.5, P 76 Figure 4.12	Biomechanical Concepts	QT: anatomical position, shoulder joint (muscles and movements allowed) V: category-1:02:41; exercise-1:03:35

7	3 A1	Ch 13: P 297 c2p6 – P 298 c2p2	Free Weight & Machine Exercise Techniques	QT: hip sled, Valsalva maneuver V: category-0:23:15; exercise-0:31:05
8	3 A2	Ch 1: P 4 c1p7	Biomechanical Concepts	QT: seated triceps extension, antagonist V: category-1:14:28; exercise-1:16:37
11	3 A2	Ch 4: P 64 c1p4 – c2p1; Ch 13: P 320 – 321 (exercise)	Free Weight & Machine Exercise Techniques	QT: low-bar back squat, hip and knee torque V: category-0:23:15; exercise-0:26:37
12	3 B3	[α partial reference] Ch 4: P 59 c2p4, P 62 c2p1 – P 64 c2p1; Ch 13: P 302 (exercise)		QT: bent knee sit-up, muscle length, 2-joint muscle
22	3 B1	Ch 14: P 346 c2p3 – P 347 c1p3, P 348 (box)		QT: walking technique
23	3 B4	Ch 17: P 435 c2p1, P 436 Figure 17.2		QT: body position for landing
27	3 A1	Ch 13: P 297 c1p4	Free Weight & Machine Exercise Techniques	QT: five point body contact position
28*	3 B2	Ch 12: P 274 c2p1 – P 275 c1p2		QT: PNF hamstring stretching, isometric action, passive stretch
32**	3 B4	[α partial reference] Ch 17: P 445 (top) (exercise)		QT: squat jump, double-leg tuck jump
35	3 A3	Ch 17: P 440 c1p2; Ch 21: P 547 c2p4, P 548 Figure 21.11, P 548 Figure 21.12	[α partial reference] Free Weight & Machine Exercise Techniques	QT: stiff-leg deadlift, traditional deadlift, support phase, closed kinetic chain exercise
37	3 A3	Ch 12: P 291 (exercise)		QT: stability ball push-up
38	3 A4	Ch 14: P 341 c2p4 – P 342 c1p1, P 342 Figure 14.5		QT: seat height for stationary bike

## Content Area 4: SAFETY, EMERGENCY PROCEDURES, AND LEGAL ISSUES

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <u>NSCA's Essentials of Personal Training</u> Text	Essentials of Personal Training Symposium presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
36	4 B1	Ch 25: P 620 c1p2	Emergency and Legal Issues in Personal Training	QT: emergency plan, facility emergency procedures
43	4 A3	Ch 5: P 93 c1p3 – c2p3, P 94 (box); Ch 6: P 115 c1p4 – P 116 c1p1, P 115 (box)	Anaerobic and Aerobic Training Adaptations	QT: signs and symptoms of overtraining
46***	4 A2	Ch 24: P 598 c2p1 <b>NOTE: A key clarification is needed.</b>		QT: facility design (spacing of equipment) for a home facility
47	4 C1	Ch 25: P 617 c2p5 – P 618 c1p6, P 618 (box)	Emergency and Legal Issues in Personal Training	QT: negligence, liability, act of omission

\* Although question #28 asks about the "hold-relax" PNF stretch, the answer applies to most PNF flexibility exercises as well.

\*\* The textbook does not include the squat jump; it is typically classified as a "low intensity" plyometric exercise.

\*\*\* Answer "C" is correct for non-residential facilities, but the textbook says that equipment spacing for home facilities is 18 inches (46 cm).