# *NSCA's Essentials of Training Special Populations 1st edition NSCA-National Strength & Conditioning Association Test Bank*

SKU: 9780736083300-TEST-BANK

1. Guidelines for Exercise Participation
For physically active clients who have a known disease but who are asymptomatic, which of the following is true regarding the guidelines for exercise participation?

a. They must seek medical clearance immediately.
b. They do not need medical clearance and can begin vigorous-intensity exercise immediately.
*c. If they have received medical clearance within the last 12 months, they can begin light- to moderate-intensity exercise immediately.
d. Medical clearance is necessary if they exhibit more than two risk factors for cardiovascular disease.

2. Exercise Testing
During graded exercise testing, why are RAMP protocols preferred to standard protocols such as the Bruce protocol for the measurement of cardiovascular endurance in individuals with chronic disease?

*a. They include smaller changes in intensity.
b. They are superior for detecting the presence of ischemic heart disease.
c. They bring the individual to maximal exercise capacity more quickly.
d. They allow more time for the measurement of blood pressure.

3. Exercise Testing 2
For an individual with abnormally high or low heart rates, which cardiovascular endurance test might provide the most accurate results?

a. YMCA step test
b. recumbent stepper test
c. YMCA cycle ergometer test
*d. Balke-Ware treadmill test

4. Exercise Testing 3
Which of the following provides the most direct measurement of percent body fat?

*a. skinfold testing
b. body mass index

NSCA's Essentials of Training Special Populations 1st edition NSCA-National Strength & Conditioning Association Tes

c. waist-to-hip girth ratio
d. body weight

5. Exercise Testing 4
Which of the following is a criterion-referenced fitness test result?

a. A client gets a sit-and-reach test score of 30, which puts him in the 40th percentile.
*b. A gym member has a BMI of 26.5, which makes him overweight and in the increased risk category.
c. An exercise professional tests a friend's body fat using a skinfold caliper and determines that he is at 22.5%.
d. A new client, age 65, is found to have a $\dot{V}O_2peak$ of 39 ml $\cdot$ $kg^{-1}$ $\cdot$ $min^{-1}$, which is higher than average for her age.

6. Setting Goals
After a discussion with a new client who has recently been diagnosed with lupus, the exercise professional sets a goal of completing four 30-minute sessions per week at an intensity of 70% $\dot{V}O_2peak$ within the first three weeks of exercise. Which of the guidelines for goal setting does this plan violate?

a. It is not achievable.
b. It is not specific.
c. It is not timed.
*d. It is not realistic.

7. Exercise Equipment
Which of the following is the appropriate choice of equipment to measure height?

a. sphygmomanometer
b. spirometer
*c. stadiometer
d. potentiometer

8. Exercise Testing 5
Which of the following is an appropriate procedure for

NSCA's Essentials of Training Special Populations 1st edition NSCA-National Strength & Conditioning Association Tes

obtaining an accurate sit-and-reach flexibility measurement?

*a. The client should warm up for 3 to 5 minutes with light exercise.
b. The client must hold the stretch for 7 seconds.
c. The client should inhale while holding the stretch.
d. The exercise professional should use the third trial as the final score.

9. Exercise Testing 6
Which of the following is part of the recommended procedure for measuring accurate skinfolds?

a. After grasping the skinfold with the thumb and forefinger, place the calipers as close to the fingers as possible.
b. If a measurement is not within 10% of the previous trial for that site, retest that site immediately.
*c. Keep the skin pinched while placing and reading the caliper.
d. Record the highest measurement for each site.

10. Exercise Testing 7
Which of these is part of the recommended procedure for the chair sit-and-reach test?

*a. The distance is measured from the fingertips to the top of the toe, with the knee fully extended.
b. The client should use the left arm to reach for the left foot, while the right arm relaxes, then switch and complete the other side.
c. The reach must be held for 10 seconds.
d. Only positive scores are recorded.

NSCA's Essentials of Training Special Populations 1st edition NSCA-National Strength & Conditioning Association Tes