



010-111^{Q&As}

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QUESTION 1

What occurs to a muscle during the eccentric movement phase of an exercise?

- A. Shortens while contracting
- B. Shortens while relaxing
- C. Lengthens while relaxing
- D. Lengthens while contracting

Correct Answer: D

QUESTION 2

One of your corporate wellness clients is normally consistent in attending appointments. Lately, he has been missing sessions. What strategy would not be the most appropriate way to demonstrate social support to encourage his adherence?

- A. Contact his company Human Resources department with an attendance report.
- B. Send an e-mail reminding him of future appointments.
- C. Call the client expressing your concern.
- D. Encourage the client to find a workout partner to improve future adherence.

Correct Answer: A

QUESTION 3

What is the correct spotting technique of the seated barbell shoulder press?

- A. Keep hands in an alternate grip position on the bar.
- B. Wrap your arms around and underneath your client's arms.
- C. Keep hands underneath your client's elbows and assist only when necessary.
- D. Keep hands in an alternate grip position close to the bar, and assist only when necessary.

Correct Answer: D

QUESTION 4

During the eccentric phase, what is the primary muscle group involved in standing trunk flexion?

- A. Iliopsoas



B. Rectus Abdominis

C. Erector Spinae

D. Biceps Femoris

Correct Answer: C

QUESTION 5

What is a function of the hamstring muscles?

A. Hip flexors

B. Hip extensors

C. Plantar flexors

D. Knee extensors

Correct Answer: B

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