

- ❖ Sternum
- ❖ **Scapula** (the correct answer)
- ❖ Femur
- ❖ Ulna

❖ CFT Quiz 8 - Unit 8: Strength

❖ Quiz Results

❖ This quiz was completed on Feb 11, 2018 and you answered 8 out of 8 questions correctly.

❖ ✓ Question 1

❖ Q: A pronated grip would be palms up.

- ❖ True
- ❖ **False** (the correct answer)

❖ ✓ Question 2

❖ Q: Which of the following is a major factor that affects strength?

- ❖ Structural
- ❖ Physiological
- ❖ Psychoneural
- ❖ Environmental
- ❖ **All of the above** (the correct answer)

❖ ✓ Question 3

❖ Q: The angle of Q represents:

- ❖ Acceleration
- ❖ **Starting strength** (the correct answer)
- ❖ Explosive strength
- ❖ Limit strength
- ❖ None of the above

❖ ✓ Question 4

❖ Q: What is a basic grip used in weight training?

- ❖ Supinated
- ❖ Pronated
- ❖ Neutral
- ❖ **All of the above** (the correct answer)

❖ ✓ Question 5

❖ Q: A supinated grip would be palms down.

- ❖ True
- ❖ **False** (the correct answer)

❖ ✓ Question 6

❖ Q: Dumbbells are an example of what type of training equipment?

- ❖ **Constant resistance device** (the correct answer)
- ❖ Variable resistance device
- ❖ Accommodating resistance device
- ❖ Static resistance device
- ❖ None of the above

❖ ✓ Question 7

❖ Q: A neutral grip would be thumbs up.

- ❖ **True** (the correct answer)
- ❖ False

❖ ✓ Question 8

❖ Q: New trainees should ___ through the sticking point and ___ during the less strenuous portion of the lifts.

- ❖ **Inhale, exhale**

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- ❖ 2
- ❖ 3 (the correct answer)
- ❖ 4
- ❖ None of the above

❖ **CFT Quiz 12 - Unit 12: Drawing-In Phase**

❖ [Quiz Results](#)

❖ This quiz was completed on Feb 11, 2018 and you answered 8 out of 8 questions correctly.

❖ **✔** Question 1

❖ **Q:** As future ISSA professionals, we must first seek to understand our clients before we make recommendations.

❖ **True** (the correct answer)

❖ False

❖ **✔** Question 2

❖ **Q:** The ISSA drawing-in phase is a process which:

❖ Insures a high level of client motivation

❖ Distinguishes you as a professional

❖ Has five stages

❖ **All of the above** (the correct answer)

❖ A and C

❖ **✔** Question 3

❖ **Q:** Stage One of the ISSA drawing-in phase is:

❖ Data collection

❖ Establishing an integrated training process

❖ **Establishing yourself as a professional** (the correct answer)

❖ Guided discovery tour

❖ Feeling the water before jumping in

❖ **✔** Question 4

❖ **Q:** Stage Two of the ISSA drawing-in phase is:

❖ **Data collection** (the correct answer)

❖ Establishing an integrated training process

❖ Establishing yourself as a professional

❖ Guided discovery tour

❖ Feeling the water before jumping in

❖ **✔** Question 5

❖ **Q:** Client rapport is a key characteristic in establishing a relationship with your clients.

❖ **True** (the correct answer)

❖ False

❖ **✔** Question 6

❖ **Q:** Stage Three of the ISSA drawing-in phase is:

❖ Data collection

❖ Establishing an integrated training process

❖ Establishing yourself as a professional

❖ **Guided discovery tour** (the correct answer)

❖ Feeling the water before jumping in

❖ **✔** Question 7

❖ **Q:** Motive is defined as an impulse or physiological need acting as incitement to action.

❖ **True** (the correct answer)

❖ False

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- ❖ ✓ Question 5
- ❖ Q: A summation of all things your body does both actively and passively to burn calories in a 24 hour period is called:
- ❖ Resting Metabolic Rate
- ❖ **Total daily energy expenditure** (the correct answer)
- ❖ Basal metabolic rate
- ❖ Metabolic set point
- ❖ A and B

- ❖ ✓ Question 7
- ❖ Q: Which factor(s) affects energy balance?
- ❖ Food intake
- ❖ Exercise activity
- ❖ Genetic factors
- ❖ **All of the above** (the correct answer)
- ❖ None of the above

- ❖ ✓ Question 8
- ❖ Q: When caloric intake is lower than the amount needed to maintain normal function, RMR increases.
- ❖ True
- ❖ **False** (the correct answer)

- ❖ **CFT Quiz 19 - Unit 19: Nutritional Science**
- ❖ [Quiz Results](#)
- ❖ This quiz was completed on Feb 11, 2018 and you answered 8 out of 8 questions correctly.

- ❖ ✓ Question 1
- ❖ Q: Which of the following is not a form of carbohydrates found in the diet?
- ❖ Sugar
- ❖ **Insulin** (the correct answer)
- ❖ Starch
- ❖ Dietary fiber
- ❖ All of the above

- ❖ ✓ Question 2
- ❖ Q: Animal-based fats contain a higher ratio of unsaturated fats than plant-based oils.
- ❖ True
- ❖ **False** (the correct answer)

- ❖ ✓ Question 3
- ❖ Q: Which of the following chemical component(s) does protein contain that is not found in carbohydrates or fats?
- ❖ Carbon
- ❖ Hydrogen
- ❖ Oxygen
- ❖ **Nitrogen** (the correct answer)
- ❖ None of the above

- ❖ ✓ Question 4
- ❖ Q: What is the recommended minimum protein intake for sedentary, generally healthy individuals?
- ❖ 0.8g per pound of body mass
- ❖ 1g per pound of body mass
- ❖ **0.8g per kilogram of body mass** (the correct answer)
- ❖ 1g per kilogram of body mass
- ❖ None of the above

- ❖ ✓ Question 5
- ❖ Q: Which of the following is an example of a micronutrient?
- ❖ Carbohydrates
- ❖ Insoluble fiber
- ❖ **Vitamin C** (the correct answer)
- ❖ Omega 3
- ❖ None of the above

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❖ None of the above

❖ **✓** Question 6

❖ **Q:** One major component of an exercise program for arthritis sufferers is ____.

❖ Powerlifting

❖ **Aerobic** (the correct answer)

❖ Nutrition

❖ Meditation

❖ None of the above

❖ **✓** Question 7

❖ **Q:** Individuals with arthritis should exercise at least ____ times per day?

❖ 1

❖ **2** (the correct answer)

❖ 3

❖ 4

❖ None of the above

❖ **✓** Question 8

❖ **Q:** One of the seven major warning signals for arthritis is _____?

❖ Redness in the eyes

❖ Dry mouth

❖ Pus

❖ Lock jaw

❖ **None of the above** (the correct answer)

❖ **CFT Quiz 27 - Unit 27: Exercise and Coronary Heart Disease**

❖ [Quiz Results](#)

❖ This quiz was completed on Feb 1, 2018 and you answered 7 out of 7 questions correctly.

❖ **✓** Question 1

❖ **Q:** Cigarette smoking does not affect coronary heart disease.

❖ True

❖ **False** (the correct answer)

❖ **✓** Question 2

❖ **Q:** Age and family history are confirmed risk factors for coronary heart disease.

❖ **True** (the correct answer)

❖ False

❖ **✓** Question 3

❖ **Q:** Age has no relevance to CHD.

❖ True

❖ **False** (the correct answer)

❖ **✓** Question 4

❖ **Q:** The most serious form of heart disease is coronary heart disease.

❖ **True** (the correct answer)

❖ False

❖ **✓** Question 5

❖ **Q:** Research has shown that the predominate contributing factor(s) to heart disease is:

❖ Too much saturated fat

❖ Too much alcohol

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- ❖ Too much smoking
- ❖ Not enough exercise
- ❖ **All of the above** (the correct answer)

❖ **✔** Question 6

❖ **Q:** High HDL cholesterol increases risk of coronary heart disease.

- ❖ True
- ❖ **False** (the correct answer)

❖ **✔** Question 7

❖ **Q:** Research has shown that the beneficial effect(s) of exercise for hypertensives:

- ❖ Lower blood pressure
- ❖ Normalize kidney function
- ❖ Decrease insulin secretion
- ❖ Increase in high density lipoprotein cholesterol
- ❖ **All of the above** (the correct answer)

❖ **CFT Quiz 28 - Unit 28: Exercise and Pregnancy**

❖ [Quiz Results](#)

❖ This quiz was completed on Feb 11, 2018 and you answered 7 out of 7 questions correctly.

❖ **✔** Question 1

❖ **Q:** Sensible exercise can be a safe and productive undertaking for both a pregnant woman and her fetus.

- ❖ **True** (the correct answer)
- ❖ False

❖ **✔** Question 2

❖ **Q:** If a pregnant woman did not exercise prior to pregnancy, then it's important to increase weight-bearing activities to lower the risk of injury.

- ❖ True
- ❖ **False** (the correct answer)

❖ **✔** Question 3

❖ **Q:** Excessive fatigue, palpitations, and chest pain are reasons to discontinue exercise for a pregnant woman.

- ❖ **True** (the correct answer)
- ❖ False

❖ **✔** Question 4

❖ **Q:** Pregnant women should avoid prolonged bouts of exercise in what position?

- ❖ Prone
- ❖ **Supine** (the correct answer)
- ❖ Standing
- ❖ Sitting
- ❖ None of the above

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