

Personal Training Education II (PTE-II) Pre-Test

The purpose of this pre-test is to help you decide whether you should attend PTE-II course or a more basic course. The PTE-II is intended primarily for individuals who have a college degree in the field or who have a nationally accredited basic certification such as The Cooper Institute's Certified Personal Trainer (CI-CPT). In order to get an accurate estimate of your current level of knowledge, you should attempt to answer these questions without using any resources.

1. The term "1RM" is used in testing _____ .
 - a. cardiorespiratory fitness
 - b. absolute strength
 - c. flexibility
 - d. body composition
2. Hypertension in adults is defined as a resting blood pressure greater than or equal to _____ .
 - a. 140/90 mmHg.
 - b. 120/80 mmHg.
 - c. 160/100 mmHg.
 - d. 100/60 mmHg.
3. The major function of the hamstrings is _____ .
 - a. knee extension
 - b. knee flexion
 - c. hip flexion
 - d. hip extension
4. Which of the following joint actions would be best for stretching the quadriceps?
 - a. Knee extension
 - b. Knee flexion
 - c. Hip flexion
 - d. Hip extension
5. In what region of the body would the soleus muscle be found?
 - a. Trunk
 - b. Upper arm
 - c. Hip
 - d. Lower leg
6. The ability of a muscle or group of muscle to generate force over time is called _____ .
 - a. cardiorespiratory endurance
 - b. muscular endurance
 - c. absolute strength
 - d. flexibility

7. The sit and reach test is used to measure _____ .
- flexibility
 - muscular endurance
 - cardiorespiratory fitness
 - none of the above
8. Which of the following methods can be used to estimate body composition?
- Underwater weighing
 - Skinfold calipers
 - Circumference measures
 - All of the above
9. When using skinfold calipers, what side of the body do we measure?
- Right side
 - Left side
 - It doesn't matter
10. The "top" number of the blood pressure reading is called _____ .
- diastolic
 - systolic
 - cardiac output
 - stroke volume
11. The leading cause of death today in the United States for both men and women is _____ .
- lung cancer
 - diabetes
 - cardiovascular disease
 - none of the above
12. Which of the following exercises would be the most effective for strengthening the pectoralis major?
- Supine flyes with dumbbells
 - Leg press
 - Lat pull-down
 - Pull-ups
13. How many more calories need to be expended than consumed in order to burn 1 pound of body fat?
- 1000
 - 10000
 - 500
 - 3500
14. In working with a new client, what is the correct order of steps?
- Screening, assessment, goal setting
 - Assessment, goal setting, screening
 - Exercise prescription, screening, fitness assessment
15. The current RDA for fat is _____ .
- < 10% of total daily calories
 - 10-20% of total daily calories
 - 15-25% of total daily calories
 - 20-35% of total daily calories