

The Cooper Institute Course Preparation Quiz

Instructions: Choose the best answer for each question. After completing the entire quiz, check your answers with the answers provided at the bottom of the quiz. Compare your number of correct answers in each category, Theory and Applied, and use the matrix following the quiz to guide your study needs.

Theory Questions

- The biceps femoris muscle belongs to the _____ group.
 - quadriceps
 - hamstring
 - elbow flexor
 - elbow extensor
- The gastrocnemius muscle _____.
 - plantar flexes the ankle and flexes the knee.
 - plantar flexes the ankle.
 - dorsi flexes the ankle.
 - plantar flexes the ankle and extends the knee.
- Which of the following skeletal muscle fiber types would be recruited during a 1 repetition maximum bench press test?
 - Slow twitch
 - Fast twitch
 - Slow twitch and fast twitch
 - Smooth twitch
- Muscle tissue is composed mostly of _____.
 - protein.
 - water.
 - cell membranes.
 - electrolytes.
- What types of dietary fat are related to an increased risk of cardiovascular disease?
 - Monounsaturated
 - Saturated
 - Polyunsaturated
 - Hydrogenated (trans)
 - B and D
- The most accurate method to determine a client's resting metabolic rate is to _____.
 - use a questionnaire.
 - measure their cardiorespiratory fitness level.
 - use a device that collects and analyzes their expired air.
 - estimate their percent body fat.
- The essential amino acids _____.
 - are more important than non-essential amino acids.
 - are found in animal products.
 - provide significant amounts of energy during strength training
 - B and C.
- Using the Stages of Change Model, an individual who has been exercising regularly for 6 weeks is in the _____ stage.
 - action
 - contemplation
 - maintenance
 - preparation
- During strength training, the primary fuel source for muscular contraction is _____.
 - carbohydrate.
 - fat.
 - protein.
 - vitamins.
- When identifying benefits of aerobic exercise to a new client, a personal trainer should include a statement that fitness level shows a direct (positive) correlation with _____.
 - HDL cholesterol levels.
 - LDL cholesterol levels.
 - resting blood pressure.
 - blood triglyceride level

Applied Questions

1. A client wishes to perform strength training exercises for opposing muscle groups. Which of the pair of exercises listed below will meet this objective?
 - a. Bench press and back extension
 - b. Leg press and back extension
 - c. Bench press and high seated row
 - d. Heel raise and leg press
2. Gathering information about a new client prior to assessing their fitness level is called _____.
 - a. goal setting.
 - b. exercise prescription.
 - c. screening.
 - d. informed consent.
3. What muscle group typically needs to be strengthened when a client complains of anterior shin pain?
 - a. Knee flexors
 - b. Knee extensors
 - c. Ankle plantar flexors
 - d. Ankle dorsi flexors
4. The most common formula used for estimating an adult client's maximum heart rate is _____.
 - a. $220 - \text{age}$
 - b. $200 - \text{age}$
 - c. $220 - \frac{1}{2} \text{age}$
 - d. $100 + \text{age}$
5. Which of the following procedures would be used by a personal trainer in order to estimate a client's percent body fat?
 - a. Body Mass Index (BMI)
 - b. Waist circumference
 - c. Skinfold measurement
 - d. All of the above
6. Using the Karvonen Method, the target heart rate zone for a 40 year old client with a resting heart rate of 60 who wishes to exercise at 70-85% intensity is _____.
 - a. 150-168 beats per minute.
 - b. 144-162 beats per minute.
 - c. 138-156 beats per minute.
 - d. 135-152 beats per minute.
7. Contraction of the rhomboids during a high row exercise will cause _____ of the scapulae.
 - a. retraction
 - b. protraction
 - c. flexion
 - d. extension
8. During a back extension exercise, isotonic contraction of the _____ occurs.
 - a. abdominals
 - b. gluteus maximus
 - c. erector spinae
 - d. hamstrings
9. When helping a client to set fitness goals, the trainer should inform the client that the _____ component of health-related fitness changes the most slowly.
 - a. cardiovascular
 - b. body composition
 - c. dynamic strength
 - d. agility
10. A valid test of a client's upper body dynamic strength is the _____.
 - a. 1 repetition maximum bench press test.
 - b. 1 minute push-up test.
 - c. sit and reach test.
 - d. 1.5 mile run test.

Answers:

Theory: B, A, C, B, E, C, B, A, A, A

Applied: C, C, D, A, C, B, A, C, B, B

1. Find the row that corresponds with your scores for both the Theory and Applied Questions
2. Read the recommendation for your next steps

Theory Questions Correctly Answered	Applied Questions Correctly Answered	Course Recommendation
8-10	8-10	It appears that you have a good understanding. Please consider Biomechanics of Resistance Training to increase your current level of expertise.
8-10	6-7	Personal Training Education - Live Applied Training: Recommended
8-10	< 6	Personal Training Education - Live Applied Training: Strongly Recommended
6-7	8-10	Personal Training Education -Live or Personal Training Education – DVD: Recommended
6-7	6-7	Personal Training Education -Live or Personal Training Education - DVD with Live Applied Training: Recommended
6-7	< 6	Personal Training Education -Live or Personal Training Education - DVD with Live Applied Training: Recommended
< 6	8-10	Personal Training Education -Live or Personal Training Education – DVD: Strongly Recommended
< 6	6-7	Personal Training Education -Live or Personal Training Education - DVD with Live Applied Training: Strongly Recommended
< 6	< 6	Personal Training Education -Live or Personal Training Education - DVD with Live Applied Training: Strongly Recommended