

NESTA Personal Fitness Trainer Exam SAMPLE

The following are sample questions for the PFT exam. The actual examination will be similar in format and question type. Answers to the sample questions can be found below.

1. Using the Karvonen equation, what would be the target heart rate for a 40 year old male triathlete with a resting heart rate of 50 bpm and a target heart rate percentage goal of 70% of maximum heart rate?
A) 122 bpm
B) 134 bpm
C) 141 bpm
D) 149 bpm
2. A sprinter would predominantly require a very high functioning number of which muscle fiber type?
A) Type I
B) Type IIA
C) Type IIB
D) Type IIC
3. During shoulder extension, the latissimus dorsi acts as the:
A) prime mover or agonist
B) antagonist
C) assistant mover or synergist
D) stabilizer
4. The primary movers in a squat exercise are the:
A) Hamstrings and quadriceps
B) Quadriceps and calves
C) Hip flexors and gluteus maximus
D) Quadriceps and gluteus maximus
5. What is the ideal time under tension for an exercise set to achieve maximum strength development?
A) 0-20 seconds
B) 20-40 seconds
C) 40-70 seconds
D) 70-90 seconds
6. Which of the FITTR principles listed below is measured by volume of training?
A) Frequency
B) Intensity
C) Time
D) Type
7. What is the ideal scapular position for optimal involvement of the triceps while performing standing cable pushdowns?
A) Protracted and elevated
B) Retracted and depressed
C) Adducted and protracted
D) Abducted and depressed
8. How soon must a personal trainer arrive prior to the first training session with a new client?
A) Right on time
B) 0-5 minutes early
C) 5-10 minutes early
D) 10-15 minutes early

9. Which form of stretching will inhibit muscular contraction in stretching the pectoralis major immediately prior to performing a flat bench chest press?

- A) Dynamic
- B) Active
- C) Static
- D) Ballistic

10. Which macronutrient is primarily involved in hormone formation?

- A) Carbohydrates
- B) Protein
- C) Saturated Fats
- D) Organic acids

Key

1.C 2.C 3.A 4.D 5.B 6.B 7.B 8.C 9.C 10.B