

Mark Scheme – Module 1 Mock Exam

Correct answers are given in bold italic.

You are working in a commercial gym, and whilst walking the gym floor you approach a young woman who looks a little apprehensive. You start chatting, find out her name (Sarah) and show her some exercises to help her. She agrees to take your number once you're finished. Later on you receive a text message to say how much she appreciated your help and how she'd like to come in for a chat about how she could get more comfortable in a gym environment.

1. You phone Sarah to arrange for her to come into the gym for a consultation. How do you go about scheduling a time to meet?
 - a. ***Offer specific time slots from your diary***
 - b. Wait for Sarah to offer a specific time slot
 - c. Give Sarah a day that you'll be in the gym, and wait for her to turn up

During the initial consultation, you discover that Sarah is a beginner trainee (hence her initial apprehension about the gym), lives a short drive away from the gym and is a very sociable person – she has a lot of friends with whom she socializes, and says she works better in groups than individually. She is also 27 years old and works in an office, but spends a lot of her income on her social life, her appearance and her cat.

2. Which type of Personal Training package is she likely to succeed best with?
 - a. Offline PT
 - b. ***Small Group***
 - c. Hybrid PT
 - d. Online PT

3. Which forms need to be filled out and signed as a part of the screening and post-screening process?
 - a. Client Consultation Form, PAR-Q, Cancellation Policy, Privacy Waiver
 - b. PAR-Q, Cancellation Policy, Gym Membership Form, Direct Debit Set-Up Form
 - c. **Cancellation Policy, Charter of Expectations, Client Consult Form, Food Diary Recall**

4. Name the 4 stages of motivational interviewing.
 - a. Engaging, Questioning, Planning, Action
 - b. Engaging, Evoking, Planning, Action
 - c. **Engaging, Focusing, Evoking, Planning**
 - d. Relating, Motivating, Focusing, Planning

5. Which coaching style is most suited for a low motivation, high skill client?
 - a. Delegate
 - b. Guide
 - c. Direct
 - d. **Inspire**

6. Which coaching style is most suited for a low motivation, low skill client?
 - a. Delegate
 - b. Guide
 - c. **Direct**
 - d. Inspire

7. Which of the following is a time-related barrier to achieving a fitness goal?
 - a. I don't have a gym near me
 - b. I don't know what to eat
 - c. **I work shifts, so it's hard to exercise**
 - d. I have bad knees, so I can't exercise

- e. My family are all overweight and mock me for trying to lose weight
8. With fat loss clients, your nutrition approach should seek to empower the client to sustain that weight loss over the long term. Which of the following will promote weight loss maintenance over the long term?
- a. A positive mindset of nutrition & training, nutrition strategy based on likes, lots of life stress, slower initial weight loss
 - b. Restricting carbohydrates, rigidity in meal planning, high-protein diets
 - c. **Nutrition strategy based on likes, flexible control over intake, greater initial weight loss, social support**
9. When dealing with weight change, it's useful to give clients a sense of how much weight they're likely to lose over a period of time. What is a good target rate of bodyweight change for weight loss?
- a. **0.5% - 1.5% of bodyweight per week**
 - b. 0.5% - 1.5% of bodyweight per month
 - c. 0.5% - 1.5% of bodyweight per year
10. Which molecular signaling cascade controls muscle protein synthesis, and which amino acid initiates this cascade?
- a. **The mTOR pathway and leucine**
 - b. The AMPK pathway and leucine
 - c. The mTOR pathway and glutamine
 - d. The AMPK pathway and glutamine
11. Which set of reactions converts the carbon backbone of an amino acid into a glucose molecule?
- a. **Gluconeogenesis**
 - b. Muscle Protein Synthesis
 - c. Proteolysis
 - d. Transamination

12. Adipose tissue was previously thought to be metabolically inactive. Which class of molecules (one of which is the hormone leptin) is in fact secreted by adipose tissue?
- Adipocytes
 - Adipokines**
 - Triglycerides
 - Ketones
13. Non-linear dieting is a popular method of calorie allotment, which calls for different days having different calorie allowances. Which of the following clients would likely NOT benefit from selecting a non-linear dietary approach?
- Somebody who needs to maintain performance goals whilst also requiring moderate to severe calorie restriction
 - Someone for whom refeeding is desirable to attenuate the undesirable consequences of calorie restriction
 - A client for whom habit formation is a priority**
 - A client for whom adherence to a linear intake is an issue
14. Which macronutrient is most commonly undulated during a non-linear dietary phase?
- Protein
 - Carbohydrates**
 - Fat
 - Alcohol
15. All of the muscular work that allows us to perform physical activity is fuelled by adenosine triphosphate, or ATP. We only have a very limited storage of ATP in the body at any one time, and it is constantly being used and replenished. Which system fits where?

System	Power (Rate of ATP production)	Capacity (total amount of ATP produced before depletion/fatigue)
1.	Very High	Very Low
2.	Very Low	Very High

3.

Low

High

- a. 1. Creatine Phosphate 2. Glycolytic 3. Aerobic
- b. 1. Glycolytic 2. Creatine Phosphate 3. Aerobic
- c. **1. Creatine Phosphate 2. Aerobic 3. Glycolytic**

16. Which of the following is not a common mistake made with habit-based coaching?

- a. Starting too small
- b. Asking too much
- c. **Using a simple habit tracker**
- d. Avoiding anything unsustainable

17. True/False – On average, women tend towards using less fat than men as an exercise substrate.

- a. **False**
- b. True

18. Order the following lower body exercises from simple to complex:

Reverse Lunge, Leg Extension, Box Squat, Back Squat

- a. Reverse Lunge, Leg Extension, Box Squat, Back Squat
- b. Leg Extension, Reverse Lunge, Box Squat, Back Squat
- c. Back Squat, Box Squat, Reverse Lunge, Leg Extension
- d. **Leg Extension, Box Squat, Back Squat, Reverse Lunge**

19. How can we class the single leg Romanian deadlift from the following choices: Simple/complex, Bilateral/unilateral, Squat/hip hinge

- a. Simple, bilateral hip hinge
- b. Complex, unilateral squat
- c. Simple, bilateral hip hinge
- d. **Complex, unilateral hip hinge**

20. What group of people will make progress regardless of whether they follow any traditional periodization model?

- a. **Novices**
- b. Intermediates
- c. Advanced lifters
- d. Everyone

21. What must you ensure that a previously injured client has before you agree to train them?

- a. **Clearance for physical activity from a specialist**
- b. No pain
- c. You don't need anything special to train a previously injured client

22. True/False – Older Personal Training clients are at increased risk of sarcopenia.

- a. **True**
- b. False

23. Which organ increases in capacity with both aerobic and anaerobic training?

- a. **Lungs**
- b. Skin
- c. Small intestine

24. When a client is running (in order to prepare for an endurance event), what part of the foot should ideally strike the floor?

- a. Front
- b. **Middle**
- c. Rear

25. When looking to improve mobility with a client, what type of stretching should we include primarily?

- a. Static
- b. **Dynamic**
- c. Neither