

National Testing Agency

Question Paper Name :	Fitness Management 30 Sep 2020 Shift 2
Subject Name :	Fitness Management
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Duration :	180
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Total Marks :	100
Display Marks:	Yes

Fitness Management

Group Number :	1
Group Id :	899514180
Group Maximum Duration :	0
Group Minimum Duration :	120
Show Attended Group? :	No
Edit Attended Group? :	No
Break time :	0
Group Marks :	100
Is this Group for Examiner? :	No

Fitness Management

Section Id :	899514246
Section Number :	1
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	100
Number of Questions to be attempted :	100

Section Marks : 100
Mark As Answered Required? : Yes
Sub-Section Number : 1
Sub-Section Id : 899514291
Question Shuffling Allowed : Yes

Question Number : 1 Question Id : 89951415329 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following BMI is the prevalence for obesity?

1. BMI ≥ 30 kg/m²
2. BMI ≥ 33 kg/m²
3. BMI ≥ 35 kg/m²
4. BMI ≥ 37 kg/m²

Options :

89951459879. 1
89951459880. 2
89951459881. 3
89951459882. 4

Question Number : 2 Question Id : 89951415330 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

How many hours are absolutely necessary to perform moderate or intense physical activity for weight loss?

1. 5 hours/ week.
2. 6 hours/ week.
3. 7 hours/ week.
4. 8 hours/ week.

Options :

89951459883. 1
89951459884. 2
89951459885. 3
89951459886. 4

Question Number : 3 Question Id : 89951415331 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

How much of calories are restricted per day with the recommended exercise as a guideline for diabetes?

1. 1000 kcal/day
2. 1300 kcal/day
3. 1500 kcal/day
4. 1700 kcal/day

Options :

89951459887. 1
89951459888. 2
89951459889. 3
89951459890. 4

Question Number : 4 Question Id : 89951415332 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following fitness can be measured by a step test?

1. strength
2. Flexibility
3. Speed
4. Cardio- respiratory

Options :

89951459891. 1
89951459892. 2
89951459893. 3
89951459894. 4

Question Number : 5 Question Id : 89951415333 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following fitness component is related with sit-and-reach test

1. Flexibility
2. Agility
3. Endurance
4. Speed

Options :

89951459895. 1
89951459896. 2
89951459897. 3
89951459898. 4

**Question Number : 6 Question Id : 89951415334 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

What is the tax rate of sole proprietorship?

1. 13.3 percent
2. 14.5 percent
3. 15 percent
4. None of the above

Options :

89951459899. 1
89951459900. 2
89951459901. 3
89951459902. 4

**Question Number : 7 Question Id : 89951415335 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Which of the following is the source of equipment?

1. Motivation
2. Learning
3. Playing
4. Training

Options :

89951459903. 1
89951459904. 2
89951459905. 3
89951459906. 4

**Question Number : 8 Question Id : 89951415336 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Management basically deals with all the persons working in the concern who are responsible
for managing a

1. Administration
2. Organization
3. Association
4. Publication

Options :

89951459907. 1
89951459908. 2
89951459909. 3
89951459910. 4

**Question Number : 9 Question Id : 89951415337 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

What is the concern of social objective for the enterprise?

1. Employment opportunities
2. Productivity of the enterprise can be maximized
3. Both 1 and 2
4. 1 Only

Options :

89951459911. 1
89951459912. 2
89951459913. 3
89951459914. 4

Question Number : 10 Question Id : 89951415338 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What does equipment mean for physical education?

1. Clothing
2. Uniforms
3. Sports goods
4. All the above

Options :

89951459915. 1
89951459916. 2
89951459917. 3
89951459918. 4

Question Number : 11 Question Id : 89951415339 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one is the type of fitness that includes holistic fitness?

1. Emotional
2. Physical
3. Both 1 and 2
4. None of the above

Options :

89951459919. 1
89951459920. 2
89951459921. 3
89951459922. 4

Question Number : 12 Question Id : 89951415340 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the full form of EPOC?

1. Excess pre-exercise oxygen consumption
2. Excess post-exercise oxygen consumption
3. Excess post-external oxygen consumption
4. Excess pre-external oxygen consumption

Options :

89951459923. 1
89951459924. 2
89951459925. 3
89951459926. 4

Question Number : 13 Question Id : 89951415341 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What type of dimension does the holistic approach to health?

1. Dynamic
2. One-dimensional
3. Two-dimensional
4. Multidimensional

Options :

89951459927. 1
89951459928. 2
89951459929. 3
89951459930. 4

Question Number : 14 Question Id : 89951415342 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What should be the nature of a limited partnership?

1. Limited liability
2. Unregistered
3. Registered
4. Unauthorized

Options :

- 89951459931. 1
- 89951459932. 2
- 89951459933. 3
- 89951459934. 4

Question Number : 15 Question Id : 89951415343 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What do you called an unincorporated business operated by two or more individuals?

- 1. General partnership
- 2. Partnership
- 3. Limited partnership
- 4. None of the above

Options :

- 89951459935. 1
- 89951459936. 2
- 89951459937. 3
- 89951459938. 4

Question Number : 16 Question Id : 89951415344 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

How do you share the profit in Partner?

- 1. Equally
- 2. Unequally
- 3. Generally
- 4. None of the above

Options :

- 89951459939. 1
- 89951459940. 2
- 89951459941. 3
- 89951459942. 4

Question Number : 17 Question Id : 89951415345 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Health and wellness are –

1. Multidimensional
2. Physiological systems
3. Constructive manner
4. One dimensional

Options :

89951459943. 1

89951459944. 2

89951459945. 3

89951459946. 4

Question Number : 18 Question Id : 89951415346 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is the primary importance of adults in our society?

1. Emotional health
2. Good health
3. Mental illnesses
4. None of the above

Options :

89951459947. 1

89951459948. 2

89951459949. 3

89951459950. 4

Question Number : 19 Question Id : 89951415347 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is a non-performance component of total fitness?

1. Bone integrity
2. Metabolic fitness
3. Motor skills
4. Muscle integrity

Options :

- 89951459951. 1
- 89951459952. 2
- 89951459953. 3
- 89951459954. 4

Question Number : 20 Question Id : 89951415348 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following is not the blood borne pathogens?

- 1. Hepatitis B
- 2. Hepatitis C
- 3. HIV
- 4. None of the above

Options :

- 89951459955. 1
- 89951459956. 2
- 89951459957. 3
- 89951459958. 4

Question Number : 21 Question Id : 89951415349 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

When HCV was first identified?

- 1. 1989
- 2. 1994
- 3. 1985
- 4. 1988

Options :

- 89951459959. 1
- 89951459960. 2
- 89951459961. 3
- 89951459962. 4

Question Number : 22 Question Id : 89951415350 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following is the expanded form of the word HIV?

1. Human immunodeficiency virus
2. Human immunity virus
3. Human immunization virus
4. None of the above

Options :

89951459963. 1
89951459964. 2
89951459965. 3
89951459966. 4

Question Number : 23 Question Id : 89951415351 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

In dislocation, how many bones are separated?

1. One bone
2. Two bone
3. Three bone
4. Four bone

Options :

89951459967. 1
89951459968. 2
89951459969. 3
89951459970. 4

Question Number : 24 Question Id : 89951415352 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What is the ability to move and change direction and position of the body quickly and effectively while under control?

1. Speed
2. Agility
3. Strength
4. Flexibility

Options :

89951459971. 1
89951459972. 2
89951459973. 3
89951459974. 4

Question Number : 25 Question Id : 89951415353 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which exercises can improve the balance?

1. Holding the position for a longer amount of time
2. Adding movement to a pose
3. Both 1 and 2
4. None of the above

Options :

89951459975. 1
89951459976. 2
89951459977. 3
89951459978. 4

Question Number : 26 Question Id : 89951415354 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which training method strengthens the muscles to help keep it upright including legs and core?

1. Balance training
2. Strength training
3. Speed training
4. Flexibility training

Options :

89951459979. 1
89951459980. 2
89951459981. 3
89951459982. 4

Question Number : 27 Question Id : 89951415355 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the full form of ATP?

1. Adenosine tri phosphorous
2. Adenosine triphosphate
3. Adhesive triphosphate
4. None of the above

Options :

89951459983. 1
89951459984. 2
89951459985. 3
89951459986. 4

Question Number : 28 Question Id : 89951415356 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

In which customary, muscle alone is strengthening when it is force to operate?

1. Customary intensity
2. Customary strength
3. Customary courage
4. Customary power

Options :

- 89951459987. 1
- 89951459988. 2
- 89951459989. 3
- 89951459990. 4

Question Number : 29 Question Id : 89951415357 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the long form of PPPE?

- 1. People participation physical examination
- 2. People participation physicaleducation
- 3. pre-participation physical education
- 4. Pre-participation physical examination

Options :

- 89951459991. 1
- 89951459992. 2
- 89951459993. 3
- 89951459994. 4

Question Number : 30 Question Id : 89951415358 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

According to Michael Brent, how many general principles of physical training are divided?

- 1. Nine
- 2. Seven
- 3. Eight
- 4. Six

Options :

- 89951459995. 1
- 89951459996. 2
- 89951459997. 3
- 89951459998. 4

Question Number : 31 Question Id : 89951415359 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

"Saruthakejiyo" is the business tag line of

1. BhartiaAxa
2. HDFC Life
3. Max insurance
4. SBI Life

Options :

89951459999. 1
89951460000. 2
89951460001. 3
89951460002. 4

Question Number : 32 Question Id : 89951415360 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

How a good brand can be built up?

1. Consistent offering of good Services
2. Break down of IT Support
3. Old age
4. None of the above

Options :

89951460003. 1
89951460004. 2
89951460005. 3
89951460006. 4

Question Number : 33 Question Id : 89951415361 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What is the basic requirement to be expert in a Direct Selling Agent (DSA)?

1. Surrogate Marketing
2. Training Skills
3. Communication Skills
4. Applying skill

Options :

89951460007. 1
89951460008. 2
89951460009. 3
89951460010. 4

Question Number : 34 Question Id : 89951415362 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

How many minutes can be advised to do exercise every day for children and youth?

1. 60 minutes
2. 60 minutes or less
3. 60 minutes or more
4. 50 minutes

Options :

89951460011. 1
89951460012. 2
89951460013. 3
89951460014. 4

Question Number : 35 Question Id : 89951415363 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following is equivalent to 1 mile?

1. 1.4 kilometers
2. 1.5 kilometers
3. 1.60 kilometers
4. 1.70 kilometers

Options :

- 89951460015. 1
- 89951460016. 2
- 89951460017. 3
- 89951460018. 4

Question Number : 36 Question Id : 89951415364 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following bond is related with the given quotation “Lost, stolen and destroyed stock certificates”?

- 1. Indemnity bond
- 2. Liquor bond
- 3. Utility bond
- 4. None of the above

Options :

- 89951460019. 1
- 89951460020. 2
- 89951460021. 3
- 89951460022. 4

Question Number : 37 Question Id : 89951415365 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

How many minutes can be advised or recommended for a pregnant woman who is not active in physical activities?

- 1. At least 100 minutes
- 2. At least 150 minutes
- 3. At least 130 minutes
- 4. At least 140 minutes

Options :

- 89951460023. 1
- 89951460024. 2

89951460025. 3

89951460026. 4

Question Number : 38 Question Id : 89951415366 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Running and aerobic exercise has been shown to postpone the development of disability in

.....

1. Younger age
2. Older adults.
3. Non-sports personality
4. Sports personality

Options :

89951460027. 1

89951460028. 2

89951460029. 3

89951460030. 4

Question Number : 39 Question Id : 89951415367 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Health screenings are tests that look for diseases before the client have

1. Symptoms
2. Illness
3. Wealthy
4. Healthy

Options :

89951460031. 1

89951460032. 2

89951460033. 3

89951460034. 4

Question Number : 40 Question Id : 89951415368 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Expand the word HHQ.

1. Health history question
2. History health questionnaire
3. Health history questionnaire
4. Healthy health question

Options :

89951460035. 1
89951460036. 2
89951460037. 3
89951460038. 4

**Question Number : 41 Question Id : 89951415369 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Which of the following includes the Safety Guidelines?

1. Intramurals and Interschool
2. Elementary and Secondary
3. Indoor and outdoor
4. None of the above

Options :

89951460039. 1
89951460040. 2
89951460041. 3
89951460042. 4

**Question Number : 42 Question Id : 89951415370 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Non-consumable is also known as.....

1. Non- disposable
2. Expendable
3. Permanent
4. All the above

Options :

89951460043. 1
89951460044. 2
89951460045. 3
89951460046. 4

**Question Number : 43 Question Id : 89951415371 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Into how many categories the physical education and sports facilities may be classified?

1. 2
2. 3
3. 4
4. 5

Options :

89951460047. 1
89951460048. 2
89951460049. 3
89951460050. 4

**Question Number : 44 Question Id : 89951415372 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Which of the following muscles can be effective by lunges work?

1. Gluteal
2. Biceps
3. Triceps
4. Abdominal

Options :

89951460051. 1
89951460052. 2
89951460053. 3
89951460054. 4

Question Number : 45 Question Id : 89951415373 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which part of the body can strengthen by push-up?

1. Triceps
2. Chest
3. Biceps
4. Hamstrings

Options :

89951460055. 1
89951460056. 2
89951460057. 3
89951460058. 4

Question Number : 46 Question Id : 89951415374 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is ROM?

1. Range of motion
2. Range of muscles
3. Range over motion
4. Range over muscles

Options :

89951460059. 1
89951460060. 2
89951460061. 3
89951460062. 4

Question Number : 47 Question Id : 89951415375 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What do mean by SNS?

1. Sympathetic nervous system
2. Systematic nervous system
3. Simple nervous system
4. Single nervous system

Options :

89951460063. 1
89951460064. 2
89951460065. 3
89951460066. 4

Question Number : 48 Question Id : 89951415376 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

In which year, the concept of body type was theorized by Dr. W.H. Sheldon?

1. 1960s
2. 1950s
3. 1940s
4. 1930s

Options :

89951460067. 1
89951460068. 2
89951460069. 3
89951460070. 4

Question Number : 49 Question Id : 89951415377 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which body type is rounder and more pear-shaped?

1. The Endomorph
2. The Mesomorph
3. The Ectomorph
4. All the above

Options :

89951460071. 1
89951460072. 2
89951460073. 3
89951460074. 4

Question Number : 50 Question Id : 89951415378 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which body type has very strong legs, broad shoulders and a narrower waist?

1. The Endomorph
2. The Mesomorph
3. The Ectomorph
4. None of the above

Options :

89951460075. 1
89951460076. 2
89951460077. 3
89951460078. 4

Question Number : 51 Question Id : 89951415379 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which of the following is the reference value of energy for an average adult?

1. 8,700 kJ
2. 7,800 kJ
3. 9,700 kJ
4. 8,500 kJ

Options :

89951460079. 1
89951460080. 2
89951460081. 3
89951460082. 4

Question Number : 52 Question Id : 89951415380 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is the reference value of fat for an average adult?

1. 50 grams
2. 60 grams
3. 70 grams
4. 80 grams

Options :

- 89951460083. 1
- 89951460084. 2
- 89951460085. 3
- 89951460086. 4

Question Number : 53 Question Id : 89951415381 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the reference value of sugars for an average adult?

- 1. 60 grams
- 2. 70 grams
- 3. 80 grams
- 4. 90 grams

Options :

- 89951460087. 1
- 89951460088. 2
- 89951460089. 3
- 89951460090. 4

Question Number : 54 Question Id : 89951415382 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

How much of sodium is said to be reference value of an average adult?

- 1. 2,300 milligrams
- 2. 2,200 milligrams
- 3. 2,100 milligrams
- 4. 2,000 milligrams

Options :

- 89951460091. 1
- 89951460092. 2
- 89951460093. 3
- 89951460094. 4

Question Number : 55 Question Id : 89951415383 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What is the term used to describe the breakdown of fat?

1. Glycolysis
2. Lipolysis
3. Glucolysis
4. Glycogenesis

Options :

89951460095. 1
89951460096. 2
89951460097. 3
89951460098. 4

Question Number : 56 Question Id : 89951415384 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Aerobic metabolism is a necessary component to support the metabolic function of the -

1. Lungs
2. Kidney
3. Heart
4. Liver

Options :

89951460099. 1
89951460100. 2
89951460101. 3
89951460102. 4

Question Number : 57 Question Id : 89951415385 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Anaerobic exercise consists of brief intense bursts of physical activity such as -

1. Kicking of a football
2. Weightlifting and sprints
3. Cycling and running
4. Swimming

Options :

- 89951460103. 1
- 89951460104. 2
- 89951460105. 3
- 89951460106. 4

Question Number : 58 Question Id : 89951415386 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What type of ability is required to maintain a specific body position in both stationary and dynamic situation?

- 1. Aerobics
- 2. Balance
- 3. Flexibility
- 4. Strength

Options :

- 89951460107. 1
- 89951460108. 2
- 89951460109. 3
- 89951460110. 4

Question Number : 59 Question Id : 89951415387 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following is required to respond for a specific stimulus?

- 1. Reaction time
- 2. Power
- 3. Speed
- 4. Agility

Options :

- 89951460111. 1
- 89951460112. 2
- 89951460113. 3
- 89951460114. 4

Question Number : 60 Question Id : 89951415388 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following is not under the main five components of health related fitness?

1. Cardiorespiratory endurance
2. Muscular strength
3. Muscular endurance
4. Muscular coordination

Options :

- 89951460115. 1
- 89951460116. 2
- 89951460117. 3
- 89951460118. 4

Question Number : 61 Question Id : 89951415389 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What are the best cardio exercises during pregnant?

1. Swimming and walking
2. Walking and jogging
3. Swimming and cycling
4. Cycling and waking

Options :

- 89951460119. 1
- 89951460120. 2
- 89951460121. 3
- 89951460122. 4

Question Number : 62 Question Id : 89951415390 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following fitness exercise should not be recommended during first trimester?

1. Light cardio
2. Weightlifting
3. Breathing exercises
4. Powerlifting

Options :

89951460123. 1

89951460124. 2

89951460125. 3

89951460126. 4

Question Number : 63 Question Id : 89951415391 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the duration of exercise per day for pregnant women?

1. 20-30 minutes
2. 10-20 minutes
3. 15- 30 minutes
4. 10-30 minutes

Options :

89951460127. 1

89951460128. 2

89951460129. 3

89951460130. 4

Question Number : 64 Question Id : 89951415392 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the full form of HIIT?

1. High-infinity interval training workouts
2. High-intensity interval training works.
3. High-intensity interval training.
4. High-intensity interval trainer.

Options :

89951460131. 1
89951460132. 2
89951460133. 3
89951460134. 4

Question Number : 65 Question Id : 89951415393 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the full form of MI?

1. Myocardial Infection
2. Myocardial Infarction
3. Myocardial Injection
4. Myocardiac Infarction

Options :

89951460135. 1
89951460136. 2
89951460137. 3
89951460138. 4

Question Number : 66 Question Id : 89951415394 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

It is normal for systolic blood pressure to rise between..... during exercise.

1. 150 mm and 210 mm Hg
2. 150 mm and 220 mm Hg
3. 160 mm and 220 mm Hg
4. 160 mm and 210 mm Hg

Options :

- 89951460139. 1
- 89951460140. 2
- 89951460141. 3
- 89951460142. 4

Question Number : 67 Question Id : 89951415395 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the normal blood pressure of a person?

- 1. 120/90 mm Hg
- 2. 120/70 mm Hg
- 3. 120/60 mm Hg
- 4. 120/80 mm Hg

Options :

- 89951460143. 1
- 89951460144. 2
- 89951460145. 3
- 89951460146. 4

Question Number : 68 Question Id : 89951415396 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What does AAP stand for?

- 1. Australian Academy of Pediatrics
- 2. American Association of Pediatrics
- 3. American Academy of Pediatrics
- 4. Australian Association of Pediatrics

Options :

- 89951460147. 1
- 89951460148. 2
- 89951460149. 3
- 89951460150. 4

Question Number : 69 Question Id : 89951415397 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

How much of water is consisting in an Adult body?

1. 37 to 42 liters
2. 35 to 40 liters
3. 30 to 35 liters
4. 32 to 37 liters

Options :

89951460151. 1
89951460152. 2
89951460153. 3
89951460154. 4

Question Number : 70 Question Id : 89951415398 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following is necessary for the digestion of food, the elimination of toxins and waste materials?

1. Water
2. Carbohydrates
3. Proteins
4. Minerals

Options :

89951460155. 1
89951460156. 2
89951460157. 3
89951460158. 4

Question Number : 71 Question Id : 89951415399 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which of the following is the full form of ADA?

1. American Diabetes Association
2. American Dietetic Academy
3. American Dietetic Association
4. American Dietary Association

Options :

89951460159. 1
89951460160. 2
89951460161. 3
89951460162. 4

Question Number : 72 Question Id : 89951415400 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the unit that measures energy?

1. Calories
2. Kilogram
3. Liter
4. Centimeter

Options :

89951460163. 1
89951460164. 2
89951460165. 3
89951460166. 4

Question Number : 73 Question Id : 89951415401 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Dietary habits and choices play a significant role in the quality of life and-

1. Health And Longevity
2. Fitness And Stamina
3. Fatness And Dullness
4. Fitness And Health

Options :

89951460167. 1
89951460168. 2
89951460169. 3
89951460170. 4

Question Number : 74 Question Id : 89951415402 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The Fick equation is-

1. $VO_2 = SV (CaO_2 - CvO_2)$
2. $VO_2 = QT \times (CaO_2 - CvO_2)$
3. $VO_2 = SV \times HR \times (CaO_2 - CvO_2)$
4. $VO_2 = (CaO_2 - CvO_2)$

Options :

89951460171. 1
89951460172. 2
89951460173. 3
89951460174. 4

Question Number : 75 Question Id : 89951415403 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one is not the important part of Aerobic exercise?

1. Warm-up
2. Strength training
3. Conditioning
4. Cool-down

Options :

89951460175. 1
89951460176. 2
89951460177. 3
89951460178. 4

Question Number : 76 Question Id : 89951415404 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which exercise can help ease pain and increase flexibility?

1. Weight training
2. Swimming
3. Jogging
4. Yoga

Options :

89951460179. 1

89951460180. 2

89951460181. 3

89951460182. 4

Question Number : 77 Question Id : 89951415405 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What type of breathing helps us to increase our lung capacity keeping our rib cage flexible?

1. Deep breathing
2. Heavy breathing
3. Light breathing
4. Slow breathing

Options :

89951460183. 1

89951460184. 2

89951460185. 3

89951460186. 4

Question Number : 78 Question Id : 89951415406 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which of the following exercise is effective for spondylitis?

1. Standing and Lying posture
2. Standing and Sitting posture
3. Sitting and Lying posture
4. None of the above

Options :

89951460187. 1
89951460188. 2
89951460189. 3
89951460190. 4

Question Number : 79 Question Id : 89951415407 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the full form of REPs?

1. Register of exercise programmed
2. Register of Exercise Professionals
3. Rule of exercise programmed
4. Rule of exercise professionals

Options :

89951460191. 1
89951460192. 2
89951460193. 3
89951460194. 4

Question Number : 80 Question Id : 89951415408 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

How many principles are there in the REPs Code of Ethical Conduct?

1. 5
2. 6
3. 3
4. 4

Options :

89951460195. 1
89951460196. 2
89951460197. 3
89951460198. 4

**Question Number : 81 Question Id : 89951415409 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

What type of equipment may include for strength training?

1. Treadmills
2. Medicine balls
3. Weight machines
4. None of the above

Options :

89951460199. 1
89951460200. 2
89951460201. 3
89951460202. 4

**Question Number : 82 Question Id : 89951415410 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Which exercise can improve the range of motion of muscles and joints?

1. Yoga
2. Flexibility exercises
3. Swimming
4. None of the above

Options :

89951460203. 1
89951460204. 2
89951460205. 3
89951460206. 4

**Question Number : 83 Question Id : 89951415411 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

Which one of the following exercise and physical activity fall into four basic categories?

1. Endurance
2. Speed
3. Power-lifting
4. Weightlifting

Options :

89951460207. 1
89951460208. 2
89951460209. 3
89951460210. 4

Question Number : 84 Question Id : 89951415412 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which type of exercises can help to prevent falls, a common problem in older adults?

1. Strength exercise
2. Flexibility exercise
3. Endurance exercise
4. Balance exercises

Options :

89951460211. 1
89951460212. 2
89951460213. 3
89951460214. 4

Question Number : 85 Question Id : 89951415413 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the major risk factor for heart disease?

1. Inactivity
2. Activity
3. Drinking
4. None of the above

Options :

89951460215. 1
89951460216. 2

89951460217. 3

89951460218. 4

Question Number : 86 Question Id : 89951415414 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Low Intensity heart rate falls under-

1. 68-to-92 beats per minute
2. 93-to-118 beats per minute
3. 100-to-119 beats per minute
4. 119 beats per minute

Options :

89951460219. 1

89951460220. 2

89951460221. 3

89951460222. 4

Question Number : 87 Question Id : 89951415415 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which tool is used for exercise prescription?

1. ECG
2. Target heart rate
3. CT-SCAN
4. None of the above

Options :

89951460223. 1

89951460224. 2

89951460225. 3

89951460226. 4

Question Number : 88 Question Id : 89951415416 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

A place where exercise equipments are kept for the purpose of physical exercise is called-

1. A health club
2. GYM
3. Fitness center
4. Aerobic center

Options :

89951460227. 1

89951460228. 2

89951460229. 3

89951460230. 4

Question Number : 89 Question Id : 89951415417 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

On which result, the selection of trainer is based?

1. Behaviour-Based Interview
2. Fitness
3. Posture
4. None of the above

Options :

89951460231. 1

89951460232. 2

89951460233. 3

89951460234. 4

Question Number : 90 Question Id : 89951415418 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What will be the responsibility of supervision, if the employees are given proper training?

1. Gain
2. More powerful
3. Lessened
4. Build muscle

Options :

89951460235. 1

89951460236. 2

89951460237. 3

89951460238. 4

Question Number : 91 Question Id : 89951415419 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What type of lifestyle is a risk factor for weight gain?

1. A sedentary
2. Laziness
3. Dullness
4. Active

Options :

89951460239. 1

89951460240. 2

89951460241. 3

89951460242. 4

Question Number : 92 Question Id : 89951415420 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which training method can increase the strength by burning calorie?

1. An active training
2. Weight training
3. Cardio training
4. An interval training

Options :

89951460243. 1

89951460244. 2

89951460245. 3

89951460246. 4

Question Number : 93 Question Id : 89951415421 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

How much time do we need to perform moderate cardio activity weekly?

1. 100 minutes
2. 120 minutes
3. 150 minutes
4. 180 minutes

Options :

89951460247. 1
89951460248. 2
89951460249. 3
89951460250. 4

Question Number : 94 Question Id : 89951415422 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What type of coaching is an emerging field in the fitness and coaching industry?

1. Lifestyle fitness coaching
2. Aerobic coaching
3. Zumba coaching
4. All the above

Options :

89951460251. 1
89951460252. 2
89951460253. 3
89951460254. 4

Question Number : 95 Question Id : 89951415423 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is the full form of CRM?

1. Customer relative management
2. Client room management
3. Customer relationship management
4. None of the above

Options :

- 89951460255. 1
- 89951460256. 2
- 89951460257. 3
- 89951460258. 4

Question Number : 96 Question Id : 89951415424 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

From which day, it is necessary to demonstrate the value to the personal training clients?

- 1. From a year
- 2. From a week
- 3. From a month
- 4. From day one

Options :

- 89951460259. 1
- 89951460260. 2
- 89951460261. 3
- 89951460262. 4

Question Number : 97 Question Id : 89951415425 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Client expectation is simply guidelines to-

- 1. Habit
- 2. Behavior
- 3. Knowledge
- 4. Attitude

Options :

- 89951460263. 1
- 89951460264. 2
- 89951460265. 3
- 89951460266. 4

Question Number : 98 Question Id : 89951415426 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What does the cardiorespiratory fitness helps to improve?

1. Heart and lung
2. Heart and liver
3. Lung and liver
4. Liver and brain

Options :

89951460267. 1
89951460268. 2
89951460269. 3
89951460270. 4

Question Number : 99 Question Id : 89951415427 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

Which exercise is designed for improving our VO2 max?

1. Anaerobic exercise
2. Aerobic exercise
3. Physical exercise
4. Yoga

Options :

89951460271. 1
89951460272. 2
89951460273. 3
89951460274. 4

Question Number : 100 Question Id : 89951415428 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0

What is VO₂max?

1. V - value, O₂ - oxygen, max - maximum
2. V - vital, O₂ - oxygen, max – maximum
3. V - volume, O₂ - oxygen, max – maximum
4. V - velocity, O₂ - oxygen, max – maximum

Options :

89951460275. 1

89951460276. 2

89951460277. 3

89951460278. 4