

Gym Trainer Practice Test Questions and Answers

1. How does periodization work?

- A) A technique for adapting training to take into account variations in the client's perceived effort level as they advance.
- B) A method of altering the distance between training sessions in regimens that focus solely on aerobic exercise.
- C) A method of altering intensity in solely anaerobic training regimens between training days.
- D) A systematic sequence of resistance training that purposefully alters the acute training variables.

2. What is a mesocycle in periodization?

- A) A training block lasting 3–6 weeks
- B) A single training session
- C) A full year of training
- D) A single week of training

3. What distinguishes a sprain from a strain?

- A) A sprain involves ligaments; a strain involves muscles or tendons
- B) A sprain is more severe than a strain
- C) A sprain involves muscles; a strain involves ligaments
- D) They are the same type of injury

4. How many calories are in one gram of protein?

- A) 4 calories
- B) 9 calories
- C) 7 calories
- D) 3 calories

Answers: 1-D 2-A 3-A 4-A

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