

IFPC Practice Test Questions and Answers

1. What is the primary goal of fitness and personal training certification?

- A) To sell gym memberships
- B) To ensure safe, effective fitness instruction and professional competency
- C) To increase equipment sales
- D) To promote specific workout brands

2. What should a personal trainer assess before designing a client's program?

- A) Only the client's favorite exercises
- B) Fitness level, health history, goals, and movement limitations
- C) Current gym membership status
- D) Social media following

3. Which principle is fundamental to exercise program design?

- A) Always use maximum intensity
- B) Progressive overload and periodization
- C) One size fits all approach
- D) Focus on appearance only

4. How should a personal trainer handle a client's injury concerns?

- A) Ignore minor complaints
- B) Modify exercises appropriately and refer to healthcare professionals when needed
- C) Push through all pain
- D) Diagnose and treat injuries independently

Answers: 1-B 2-B 3-B 4-B

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