

PAL Practice Test Questions and Answers

1. What does PAL commonly stand for in fitness training?

- A) Personal Activity Level
- B) Physical Activity Lifestyle
- C) Professional Athletic License
- D) Public Access Location

2. What is the recommended minimum amount of moderate physical activity for adults per week?

- A) 75 minutes
- B) 150 minutes
- C) 300 minutes
- D) 450 minutes

3. Which component is essential for a well-rounded fitness program?

- A) Cardiovascular exercise only
- B) Strength training only
- C) Flexibility exercises only
- D) Combination of cardiovascular, strength, and flexibility training

4. What is the target heart rate zone for moderate-intensity exercise?

- A) 40-50% of maximum heart rate
- B) 50-70% of maximum heart rate
- C) 70-85% of maximum heart rate
- D) 85-95% of maximum heart rate

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

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