

# PTC Practice Test Questions and Answers

## 1. Which of these tests measures cardiovascular fitness?

- A) Leg Press Test
- B) Bench Press Test
- C) Bodyweight Squat Test
- D) Rockport Fitness Walking Test

## 2. What does submaximal cycle ergometer testing predict?

- A) Body Fat Percent
- B) VO<sub>2</sub>max
- C) Body Mass Index
- D) All of the above

## 3. What units of measurement should we use to compute BMI?

- A) Height (m)/Weight (kg)
- B) Height (in)/Weight (lb)
- C) Weight (kg)/Height (m)
- D) Weight (lb./Height (in)

## 4. All of these are characteristics of rapport, other from:

- A) Short duration
- B) Exhibiting empathy
- C) Demonstrating warmth and genuineness
- D) Creating impressions of professionalism

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

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