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Trainers

NSCA-CPT

NSCA Certified Personal Trainer



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Question: 69

Which of the following is not a significant consideration when placing equipment in an exercise facility?

- A. Enough space to safely perform the exercise
- B. Full visual access to a mirror so participants can monitor their form
- C. Maximizing traffic flow
- D. Enough space for personal trainers to interact with clients using equipment

Answer: B

Having full visual access to a mirror so participants can monitor their form is not a significant consideration when placing equipment in an exercise facility. The highest consideration is safety, followed by accessibility to enter or exit the equipment.

Question: 70

Which of the following is not a contract likely to be used by a personal trainer?

- A. Releases
- B. Waivers
- C. Informed consent
- D. Description of classes

Answer: D

A description of classes is not an example of a contract. Rather, it is a way to express what is involved in a class. A description of a class can, however, be included expressly in a contract, but it is not in itself a contract.

Question: 71

What legal doctrine allows a personal trainer's facility or manager to also be held liable for negligence?

- A. Habeus corpus
- B. Respondeat superior
- C. Responsitory negligence

D. Respondeat proxy

Answer: B

Respondeat superior allows a trainer's facility or manager to also be held liable for negligence. This is why it is vital for a facility and the personal trainer, whether an employee or independent contractor, to fully understand the terms of negligence.

Question: 72

Which of the following is not included in the six standards published by the American College of Sports Medicine?

- A. Pre-activity screening
- B. Compliance with laws, regulations and published standards
- C. Facility signage
- D. Records and record-keeping

Answer: D

Records and record-keeping are not part of the six standards published by the American College of Sports Medicine. Instead, they are included in the nine areas of liability exposure published by the National Strength and Conditioning Association.

Question: 73

What statement regarding a first aid kit is true?

- A. The kit should be reviewed monthly in order to ascertain completeness and compliance with the list of contents.
- B. Kits may be kept behind the counter where a staff member is always available to produce it if necessary.
- C. CDC and OSHA guidelines are only recommendation for disease prevention.
- D. A facility needs to have one complete and fully stocked kit available at a central location.

Answer: A

A first aid kit should be reviewed monthly in order to ascertain completeness and compliance with the list of contents. Facilities should have multiple complete kits in various locations, depending upon the size of the facility, in order to have them quickly accessible should a first aid emergency arise.

Question: 74

Which form of business for a personal trainer provides some protection from personal liability for business expenses and possible litigation?

- A. Corporation
- B. Sole proprietorship
- C. Partnership
- D. Independent contractor

Answer: A

A corporation provides some protection for a personal trainer from personal liability for business expenses and possible litigation. This is a more complicated process to start up, due to the filing with local business and government entities, but it may provide more protection in the long run.

Question: 75

What is a very effective way of marketing personal training services, no matter the location?

- A. Newspaper advertising
- B. Hiring a marketing agency
- C. Targeting effective advertising words to the desired market population
- D. Direct mailing

Answer: C

Targeting effective advertising words to the desired market population is a very effective way of marketing personal training services, no matter the location. This allows the desired outcome to be tailored to the target population based on what their goals are likely to be.



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