

# IFA Senior Fitness Certification Test Answer Form

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<b>Send to:</b> International Fitness Association ATTN: Certifications 12472 Lake Underhill Rd, #341 Orlando, FL 32828	<b>Choose Option:</b>  Card only (\$99) <input type="checkbox"/> Card and Certificate (\$129) <input type="checkbox"/>
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<b>Tester:</b>		<b>Date:</b>	
<b>Name:</b>			
<b>Address:</b>			
<b>City:</b>		<b>State/Province:</b>	
<b>Home Phone:</b>		<b>Zip:</b>	
<b>Work Phone:</b>		<b>Email:</b>	

Place an 'X' in the appropriate box for True/False questions. For questions 80 to 100 match the question to the appropriate number.

Cardiovascular Respiratory			Physiology Kinesiology			Physio. Effects of Aging			Senior Fitness Testing			Senior Fitness Training			Client Scenarios	
	T	F		T	F		T	F		T	F		T	F		
1			11			21			41			56			80	
2			12			22			42			57			81	
3			13			23			43			58			82	
4			14			24			44			59			83	
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6			16			26			46			61			85	
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9			19			29			49			64			88	
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# **IFA Senior Fitness Certification Test Questions**

## ***Cardiovascular - Respiratory***

1. Raising the arms overhead during exercise increases the heart rate
2. Cardiovascular training can reverse the effects of aging.
3. Abruptly stopping intense exercise causes blood to pool in the upper extremities
4. Resting Heart Rate (RHR) is determined immediately before exercise
5. Dislodged Blood clots can travel and create embolisms throughout the body.
6. The Valsalva Maneuver can increase blood pressure to extremely high and dangerous levels.
7. Older cardiovascular systems are less adaptable to changes in position.
8. VO2 Max remains unchanged throughout the aging process.
9. Senior resting heart rates are lower than younger populations.
10. Blood vessel blockages are the result of reduced pathways.

## ***Physiology - Kinesiology***

11. Glycogen is a form of glucose stored in the muscles and liver for energy
12. Aerobic energy production provides low to moderate power for a long duration
13. Glycogen is a form of fat stored in the muscles and liver for energy
14. Pulmonary muscle weakness is one of the reasons for reduced Vital Capacity.
15. Extension is defined as an increasing joint angle
16. Age decreases adipose tissue and increases muscle hypertrophy.
17. Anaerobic exercise can utilize only carbohydrates for energy production
18. Isometric contraction means constant tension with no increase in muscle length
19. Reduced range of motion can be due to arthritis or stiffer connective tissue.
20. Tendons connect bone to bone

## ***Physiological Effects of Aging***

21. The process of calcium absorption and release in bone is called remodeling.
22. Aging tendons become rigid and less flexible.
23. Sarcopenia is the loss of muscle mass.
24. Arthritis is an inflammation of the muscles surrounding a joint.
25. Weight training can increase bone density and muscle mass.
26. Women are more susceptible to the effects of sarcopenia.
27. As a result of aging, the digestive system increases absorption of nutrients.
28. Changes in the aging endocrine system can increase LDL levels.
29. Reduced function of the thyroid gland can decrease the metabolic rate.
30. The adrenal glands regulate blood pressure, carbohydrates and the body's use of nutrients.
31. Senior populations have a reduced capability to convert glucose to glycogen for energy storage.
32. Insulin has no affect on protein synthesis or fat storage.
33. Reduced reflex response is the result of a decrease in neurotransmitters and receptors.
34. Cognitive deficiencies increase the risk of injury.
35. The elderly are more susceptible to stroke due to muscle weakness.
36. Reductions in the performance of the sensory system can increase risk of injury.
37. Hearing in the elderly can decrease the ability to follow instructions.
38. Exercise has been proven to decrease depression and reduce self confidence.
39. Exercise can increase a person's resistance to disease.
40. Medications can compromise the immune system.

## ***Senior Fitness Testing***

41. Stress testing is an effective means for a Personal Trainer to determine fitness level.
42. Balance is not important for stationary type exercises.
43. Falls are not a concern while do seated fitness testing.
44. Balance is not affected by medication
45. The Dynamic Gait Index (DGI) test can assess cardiovascular function.
46. Senior fitness testing procedures are required for all seniors 65 and older.
47. All methods of senior testing may cause injury and require close supervision.
48. Clients with tachycardia can be weight trained by a personal trainer.
49. Fitness testing should only be performed on one client at a time.
50. Clients with pacemakers or using beta-blockers should not use the RPE method.
51. In strength testing, the ACSM recommends using 50% of 1 RM as a starting point.
52. Upper arm strength is indicative of overall upper body strength for testing.
53. The Back Scratch Test accesses skin responses in the upper back.
54. The Chair Stand test measures a client's balance ability.
55. A couple of practice trials should be done before recording flexibility test results.

## ***Senior Fitness Training***

56. The client should breathe out during prime mover flexion and in during extension.
57. Exercise intensity should be such that the client cannot freely talk.
58. Cardio class music volume levels should be set to between 80db and 90db.
59. Clients with a blood pressure of 130/80 may have a problem in a heated pool or sauna.
60. A five-minute warm-up session is recommended prior to training.
61. Stretching is not necessary after the initial warm-up prior to training.
62. The ACSM recommends walking, running, cycling or swimming for seniors because it is familiar.
63. Jogging or fast walking is recommended for all seniors in a cardio fitness training program.
64. Sitting or exercising in pools of warm water decrease blood pressure.
65. The Valsalva maneuver can result in a stroke.
66. The ACSM recommends a beginning aerobic exercise program of only 45 minutes.
67. The ACSM recommends a target HR of 50% to 70% of maximum for older adults using Karvonen.
68. During cardiovascular testing the heart rate does not need to be constantly monitored.
69. ACSM guidelines indicate a frequency of 3 to 5 times a week for older populations.
70. For older populations, increasing exercise intensity is preferred to increasing exercise duration.
71. The main portion of the senior cardio class should be conducted at 120 bpm.
72. Group exercise classes may not exceed 20 participants without an assistant.
73. Cardio classes for less fit seniors should not exceed 60 minutes.
74. In senior cardio classes, both RPE and a pulse check are recommended.
75. Seniors who have had a hip replacement should be excluded from cardio classes.
76. Seniors who are fit may use weights in the cardio portion of class.
77. Isometric exercises require special attention to breathing due to the tendency to hold the breath.
78. In fit seniors, it is acceptable to use weights in upper body twisting exercises.
79. Seniors may weight train the lower body only every day.

## ***Client Training Scenarios***

80. What is the best way to gain muscle mass in a particular muscle group?
1. Weight train every day
  2. Weight train every other day
  3. Weight train for 2 hours a day
81. A 50 year old client wants to receive training?
1. First do a Fitness Assessment
  2. Plan a session to discuss their fitness level
  3. Require a physician's approval prior to beginning any training
82. A new client performs below average in only one section of fitness testing, the trainer should?
1. Work out a modified fitness plan
  2. Scale down your normal fitness program for them
  3. Recommend Physical Therapy instead of Personal Training
83. A client insists on an unrealistic goal. Which should you do?
1. Accept the client and try to convince them later.
  2. Advise them that the goal is unrealistic and suggest a more realistic goal.
  3. Require a full medical before you accept them.
84. What can cause fatigue and dizziness in a senior client?
1. Blood sugar level
  2. Heart disease
  3. All of the above
85. A senior client experiences joint pain during an exercise. What do you recommend?
1. Stop and apply ice
  2. Reduce the weights
  3. Have them consult a physician before continuing the program
86. A senior who used to workout is sure that he can lift more weight. You should?
1. Allow him to put on more weight
  2. Retest him using the ACSM guideline for starting weights based on 1 RM
  3. Have them consult a physician before continuing the program
87. A doctor approved senior client becomes light-headed during a weight training session. You should?
1. Insure that they are breathing properly
  2. Allow them to rest and discontinue the session
  3. All of the above
88. A doctor approved senior client becomes light-headed during a cardio training session. You should?
1. Discontinue the training session and have them sit down
  2. Review your cardio plan and reduce the intensity of the program
  3. All of the above
89. A client has high blood pressure but a doctor's approval. You should?
1. Develop a training program that minimizes BP increases
  2. Refuse to train the client if not comfortable to do so
  3. Both are valid options

90. According to ACSM guidelines, what should a new client's training session start with?
1. Aerobics
  2. Strength Training
  3. All of the above
91. A client of yours has had a stroke and has some paralysis on the left side. You should?
1. Reduce the training session to minimize injury
  2. Advise the client that a doctor's approval is required to continue the training program.
  3. You are no longer permitted to train the client and must refer them to a physical therapist.
92. A client of yours has had a heart attack. You should?
1. Reduce the training session to minimize injury
  2. Advise the client that a doctor's approval is required to continue the training program.
  3. You are no longer permitted to train the client and must refer them to a physical therapist.
93. A new client requires a cane for walking due to knee problems. You should?
1. Allow only weight training but not cardio
  2. Refuse the client
  3. Request a doctor's clearance with a list of limitations
94. A client falls during a training session. You should?
1. Terminate training this client
  2. Have their physician issue a new release after a checkup
  3. Have them sit down and rest
95. A client appears confused and has difficulty talking after a training session. You should?
1. Have them sit down and rest and have someone call 911
  2. Have them get a new doctor's release
  3. All of the above
96. A client insists on working out every day. You should?
1. Refuse to train them everyday
  2. Reduce intensity and duration of each workout
  3. Alternate cardio and weight training days
97. An elderly cardio client cannot stand for long before becoming fatigued. You should?
1. Schedule short sessions
  2. Do seated cardio exercises
  3. Refer the client to a physical therapist
98. A client is complaining of chest tightness and arm pains. You should?
1. Have them sit down and rest and have someone call 911
  2. Have their physician issue a new release after a checkup
  3. All of the above
99. A client suddenly appears unresponsive and distant during a workout?
1. Have them sit down and rest and have someone call 911
  2. Have their physician issue a new release after a checkup
  3. All of the above
100. You are an experienced trainer but you are not comfortable training a new client. You should?
1. Take the client and read up on what you need to know
  2. Refuse to train the client
  3. Refer the client to a more experienced trainer