

# **Fitness Analyst Interview Questions And Answers Guide.**



**Global Guideline.**

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## Fitness Analyst Job Interview Preparation Guide.

### Question # 1

Tell us why Did You Decide To Become A Personal Trainer?

#### Answer:-

First of all I like to help people and I like to motivate people. And also my dad has diabetes and I would like to help people like my dad who have diabetes and struggle with their health and get them to a place of optimum health and fitness.

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### Question # 2

Please explain what Would You Do If A Client Is Injured During A Workout At The Gym?

#### Answer:-

Such situations rarely occur since I am very vigilant and guide the clients thoroughly as they use the gym equipment. However if it does happen, I am CPR certified and fully capable of providing first aid and calling an ambulance if needed.

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### Question # 3

Have You Ever Helped Train A Friend? How Did That Work Out as Fitness Analyst?

#### Answer:-

I did help a lot of friends to train well if you have a look at almost all my high school friends everyone is ripped or big or even competing in bodybuilding shows because they were inspired by me..I was always there for all my friends either with a fitness program or being there trainer.

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### Question # 4

Tell us about An Experience You've Had Dealing With An Unhappy Customer?

#### Answer:-

I have dealt with unhappy customers on number of times. I work in sales so as you can imagine I get a lot of complaints but generally I listen to them and try come up with a solution that suits them and myself. If I cant handle the problem I refer them to my boss.

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### Question # 5

What is baseline activity?

#### Answer:-

Baseline activities are similar to ADLs being of a light-intensity and mainly consisting of the activities of daily life. If an individual does no other activity than that classed as baseline activity, they are considered to be inactive in fitness terms.

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### Question # 6

What is circuit training?

#### Answer:-

A series of exercise stations of aerobic and strength training, with relatively brief rest intervals between each station. The number of stations may range from 6 to 10. Circuit training is an excellent way to improve mobility, strength and stamina.

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### Question # 7

What is EPOC (Excess Post-Exercise Oxygen Consumption)?

#### Answer:-



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Your body needs more oxygen after a workout in order to restore the oxygen stores in the blood and tissues, and to meet the still elevated heart rate's oxygen requirements. EPOC is the reason your breathing rate remains heavy for a few minutes after finishing a workout.

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### **Question # 8**

What is karvonen formula?

**Answer:-**

A method used to calculate target heart rate, which factors resting heart rate into the equation, and is a good indicator of an individual's state of fitness. The formula is: Target Heart Rate = ((max HR - resting HR) times %Intensity) + resting HR, where HR = heart rate.

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### **Question # 9**

What is Metabolic Equivalents (MET)s?

**Answer:-**

Metabolic Equivalents (MET)s is a physiological measure expressing the energy it takes to complete physical activities. It is frequently used as a measure of intensity on cardiovascular machines (treadmills e.g., stationary bikes e.g., Group Cycle, etc.). Some types of physical activities are assigned MET values, with the higher the number meaning the more intense the activity.

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### **Question # 10**

What is Rate of perceived exertion (RPE)?

**Answer:-**

The RPE is a scale is used to measure the intensity of an individual's exercise by asking them to rate how they feel (both physically and mentally) in relation to exercise fatigue on a scale of 6-20 (original scale) or 0 -10 (modified scale). On the 0-10 scale 1 is least and 10 is most.

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### **Question # 11**

Tell us what nutrition education have you received?

**Answer:-**

Just as you would sell your services to new clients, sell your interviewer on your knowledge of nutrition. Give them confidence that you could help clients change their eating habits by explaining the pros and cons of different foods, assisting them with meal planning, lowering sugar intake and consumption of processed foods. If you received a formal education in nutrition in college or through your fitness certification, highlight a few concepts that you have found most helpful for your clients.

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### **Question # 12**

Tell me what Do You Do For A Job as Fitness Analyst?

**Answer:-**

I'm a personal trainer and a fitness instructor so I'm basically paid to be the giant pain in the ass who gets people out of bed and exercising every day.

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### **Question # 13**

Tell us how Do You Develop Rapport With Clients?

**Answer:-**

Establishing rapport with a client is paramount to keeping them coming back. To prepare for this important question, review the fitness trainer materials you used when you obtained certification, so the basic tenets of client rapport are fresh in your mind. That includes taking time to learn the client's likes and dislikes and maintaining good communication, reminds the American Council on Exercise.

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### **Question # 14**

Tell us how Do You Keep An Aerobics Group Motivated Throughout The Exercise?

**Answer:-**

I would use good music, keep enthusiastic, make the class enjoyable by keeping it fresh and challenging the clients.

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### **Question # 15**

What is agonist muscle?

**Answer:-**

A muscle which is the prime mover in a joint movement. For example, during bicep curls, the bicep is the agonist muscle that flexes the elbow joint.

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### **Question # 16**

What is Body Mass Index (BMI)?

**Answer:-**

Measure of the relationship between height and weight; calculated by dividing weight in kilograms by height in centimetres squared. The BMI gives an indication of total body fat content. A high BMI scores usually indicating higher levels of body fat. BMI is often used as a general population measure to determine the level of health risk associated with obesity. However, in certain populations BMI can be inaccurate as a measure of body fatness, for example large and muscular, though lean, athletes may score high BMI levels, which incorrectly rates them as obese.

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**Question # 17**

What is cross-training?

**Answer:-**

Cross-training involves using another sport or activity to improve your fitness for your main sport. For example using long distance running to build up endurance for tennis.

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**Question # 18**

What is fat-free mass?

**Answer:-**

The combined mass of the body of everything that is not fat (e.g., muscle, bone, skin and organs).

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**Question # 19**

Tell us what are your thoughts on a vegan lifestyle? Do you support it or think it is overrated?

**Answer:-**

The vegan lifestyle is great for some individuals. I have had clients achieve excellent results by cutting out meat and dairy. I also know that for those who tend towards anemia may need to get their protein from other sources like eggs or cheese. I don't think being vegan is overrated, but I do think it's important to consider someone's health history before recommending any restrictive diet.

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**Question # 20**

Can you tell me do You Have Any Relevant Certifications?

**Answer:-**

I am an ACE and AFAA certified gym and fitness trainer.

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**Question # 21**

Can you tell us if You Could Do Any Other Job/career What Would You Choose And Why?

**Answer:-**

I have never forgotten my dream of driving Formula One.

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**Question # 22**

Tell me, As You Know This Job Is About Getting Clients, Getting Referrals, And Making Sales, How Will You Perform With This Pressure?

**Answer:-**

Well my only goal is to make your gym reach the top... Having a good communication skill with clients will indeed increase the gym sales because explaining someone about something will do attract them.

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**Question # 23**

What is body composition?

**Answer:-**

The make up of the body in terms of the amount of fat versus lean muscle tissue.

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**Question # 24**

What is concentric muscle action?

**Answer:-**

Force produced while the muscle is shortening in length.

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**Question # 25**

What is isometric exercise?

**Answer:-**



Any activity in which the muscles are contracted but no joint movement is involved. For example, contracting your buttocks, as in butt clenches.

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### **Question # 26**

What is physical activity?

#### **Answer:-**

Any bodily movement that uses energy. Walking, gardening, briskly pushing a child's pushchair, climbing the stairs, playing football, or dancing the night away, are all good examples of physical activity. To improve your physical wellbeing from physical activity it needs to be of a moderate or vigorous intensity

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### **Question # 27**

What is static stretching?

#### **Answer:-**

Used to stretch the muscles while the body is at rest. To perform a static stretch the individual elongates the muscles to the point where they feel slight discomfort (not pain). They then hold that position for up to 30 seconds before releasing.

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### **Question # 28**

Can you explain me how do you keep an aerobics group motivated throughout the exercise?

#### **Answer:-**

I see myself as a coach, pushing my clients to challenge themselves and using encouraging words and motivation to keep them going. I keep the music upbeat and fun and let them know a little bit about what to expect before the class so that they know what we'll be working on. I say things like "Keep going, you got this!" and "We're almost there!" to help them stay focused and keep the momentum."

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### **Question # 29**

Explain me what Do You Do To Enhance Clientele?

#### **Answer:-**

I maintain a client referral list and make cold contacts; I also promote the gym and fitness services via face book and other social media platforms.

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### **Question # 30**

Tell us are You Proficient In The Latest Fitness Equipment?

#### **Answer:-**

Like everything else in technology, fitness accessories and exercises change all the time. Personal trainers always stay current with the latest developments and products, which you can demonstrate by mentioning recent developments in the area.

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### **Question # 31**

Suppose A Summary Of A Training Program You Would Set Up For A Client Strictly Looking For Weight-loss And Toning?

#### **Answer:-**

I would first sit down with the client and have a conversation with them about their goals. I would then get them to fill in relevant forms e.g. Screening, health questionnaire and fitness testing and design the program on the information I have gathered.

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### **Question # 32**

What is flexibility?

#### **Answer:-**

Flexibility refers to the range of movement in a joint or of joints, the length of the muscles that cross the joints and the amount of movement possible. Stretching can improve the flexibility in some joints.

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### **Question # 33**

What is resting HR?

#### **Answer:-**

Rate at which your heart beats at rest (while sitting or being inactive). Low resting heart rates are generally a good measure of health and fitness.

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### **Question # 34**

Can you tell us a Successful Training Session?

#### **Answer:-**

A successful training session is that, when you and your client attain the goal of your training, that the client satisfy the outcome of the several session you've done.



that the client see the result itself.

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### **Question # 35**

What Do You Dislike About Your Job as Fitness Analyst?

**Answer:-**

I'm only human - some days I just want to chill out with a pizza in front of a movie but I have to get up and run with a client in a wintry field. Not good.

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### **Question # 36**

Tell us how Do You Draw The Line When Pushing Your Client To The Limits During A Workout?

**Answer:-**

I always watch my client and see how much they could do. I always start them off on a slower pace and increase the workouts as they become stronger and more comfortable. I watch for signs such as breathing, red face, possibility of fainting, etc.

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### **Question # 37**

What is balance training?

**Answer:-**

Static and dynamic exercises that are designed to improve an individual's balance and stability during everyday movements and exercise.

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### **Question # 38**

What is detraining Principle?

**Answer:-**

This is the 'use it or lose it' principle. If an individual stops exercising regularly they will eventually lose the strength and aerobic fitness they acquired: muscles will weaken in two weeks or less.

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### **Question # 39**

What is Low-density lipoprotein (LDL)?

**Answer:-**

LDL cholesterol is considered the "bad" cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible.

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### **Question # 40**

What is plyometric training?

**Answer:-**

A plyometric movement is a quick and eccentric (muscle lengthening) action immediately followed by a concentric (muscle shortening) action. Performing plyometric movements builds explosive power and can increase how high you can jump or how fast you move off from a static or relatively stationary position. Jumping down from a box with an immediate explosive vertical jump is an example of plyometric exercise.

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### **Question # 41**

Tell us what techniques would you employ to increase your clientele?

**Answer:-**

This questions goes back to sales and self-promotion. What do you do to get new clients? Some people use social media to promote themselves while others find it more effective to do face-to-face marketing. Do you have business cards, your own website and an email marketing campaign? When you're at the gym do you make an effort to introduce yourself to new members and tell them about your services? Building a reputation for training that gives results is the first step. Next is making sure everyone knows about! Share a few techniques that have helped you increase your number of clients.

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### **Question # 42**

Can you explain me how Do You Keep Your Fitness Knowledge Up To Date?

**Answer:-**

I browse the net for new and upcoming products or exercise techniques in the market. I try read as much as possible but most the knowledge comes from chatting to other trainers.

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### **Question # 43**

Explain how Do You Determine A Person's Workout Potential To Avoid Pushing Them To The Limits?

**Answer:-**



During the initial assessment and first few days I am usually able to judge the client's potential by observing their performance and do not push them further than that. One indication of client's threshold is that the client stops enjoying the workout after a certain time. That for me is the biggest pointer that the person has reached his or her limit.

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### **Question # 44**

Tell us what is failure?

#### **Answer:-**

When used in an exercise environment, failure refers to the point of physical exhaustion, and is most commonly associated with weight training sets designed to build muscle.

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### **Question # 45**

What is lactic acid?

#### **Answer:-**

This used to be considered a waste substance that builds up in the muscles during aerobic activity that lead to muscle fatigue and soreness. However, experts now believe that lactic acid acts as a "fuel" to help people continue high-intensity (anaerobic) exercise even when oxygen consumption is low.

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### **Question # 46**

What is recovery?

#### **Answer:-**

The time it takes to recuperate following a period of exercise. When you perform an exercise, you'll eventually get to the point where you need time to rest or ease up. This is referred to as your "recovery" period, and can vary from several seconds up to several minutes depending on your level of fitness and the intensity/duration of the exercise performed.

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### **Question # 47**

What is waist to hip ratio?

#### **Answer:-**

Your waist to hip ratio estimates the fat distribution in your body and is an indicator of the likelihood of developing weight related health problems. It is calculated by dividing an individual's waist measurement by their hip measurement. Women should have a ratio of 0.8 or less; men should have a ratio of .95 or less.

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### **Question # 48**

What is High-density lipoprotein (HDL)?

#### **Answer:-**

One of the five major groups of lipoproteins. HDLs are the bloods "clean-up crew", removing harmful cholesterol by transporting it to the liver where it is reprocessed. HDLs also keep the walls of blood vessels healthy.

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### **Question # 49**

Please explain what Workouts Do You Enjoy?

#### **Answer:-**

Be honest here -- but also keep in mind that the employer might be trying to understand what you're passionate about and what you'll be well-suited to do at the facility. If the employer is looking for someone to do extensive weight training workouts with clients, for example, it might be a good idea to tell him that you enjoy weight training.

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### **Question # 50**

What is target heart rate (THR)?

#### **Answer:-**

You gain the most benefits (i.e. burn fat, lose weight) when you exercise in your "target heart rate zone", which is dependent on the quality you want to improve. Usually this is when your exercise heart rate (pulse) is 60%-80% of your maximum heart rate. Your THR represents a pace that ensures you are training aerobically and which can reasonably be maintained.

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### **Question # 51**

What is moderate intensity?

#### **Answer:-**

Activities that range from 40-60% of max heart rate. Individuals doing activity at this intensity can easily carry on a conversation, referred to as the "talk test". Recline, Technogym's recumbent exercise bike, with outstanding comfort and ergonomics, is an ideal solution for individuals who prefer moderate cardio exercise to maintain and improve their fitness levels.



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### **Question # 52**

What is endorphins?

#### **Answer:-**

Hormones that are manufactured in the body and contribute to natural feelings of well-being due to their opiate-like qualities. During exercise more of these are produced.

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### **Question # 53**

What is Basal metabolic rate (BMR)?

#### **Answer:-**

This represents the minimum amount of energy required to keep the body functioning, including keeping the heart beating, and breathing. It is an estimate of how many calories an individual would burn if they did nothing at all for 24 hours.

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### **Question # 54**

Tell us what Education Have You Acquired In The Art Of Sales?

#### **Answer:-**

I worked at Bath and Body Works for almost two years, so I got retail experience. While working there my managers would help us to become better sales associates. We would set goals each day and aim to accomplish them, such as selling a certain number of products or add ones at the counter, etc.

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### **Question # 55**

Please explain how Will You Find New Clients?

#### **Answer:-**

Once again, a sales question. The employer probably won't want to hear that you're going to wait for new clients to simply walk in the door. Talk instead about how you use social media, blogs, conferences and networking events, and business cards or promotional materials to bring in your own clients.

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### **Question # 56**

Tell me what is core?

#### **Answer:-**

A muscle group comprised of the abdominals, lower back, obliques, and hips. Maintaining a strong core is important for good posture and helps reduce the risk of back problems. Technogym's Wellness Ball promotes core strength through Active Sitting.

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### **Question # 57**

What is specificity of Training Principle?

#### **Answer:-**

This principle says that only the muscle or muscle group you exercise will respond to the demands placed upon it. The principle of Specificity also implies that to become better at a particular exercise or skill, you must perform that exercise or skill.

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### **Question # 58**

What is max VO<sub>2</sub>?

#### **Answer:-**

VO<sub>2</sub> Max represents the maximum amount of oxygen that can be removed from circulating blood and used by the working tissues during a specified period. The higher this number, the greater the cardiovascular fitness and the ability to work at increased levels of intensity.

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### **Question # 59**

What is cortisol?

#### **Answer:-**

A hormone secreted by the adrenal gland that makes stored nutrients more readily available to meet energy demands. Cortisol levels are susceptible to stress, which causes them to increase. High levels can stimulate your appetite, leading to weight gain or difficulty losing weight.

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### **Question # 60**

Tell me what is aerobic exercise?

#### **Answer:-**

The term aerobic means "with oxygen." Rhythmic activity that uses the large muscle groups continuously for at least 10 minutes, thus increasing the body's need for





oxygen is an aerobic exercise.

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### **Question # 61**

Tell us This Your Childhood Dream Or Something You Just Fell Into?

**Answer:-**

Actually this is my second career and neither of my jobs lived up to my childhood dream of racing car driver (it took me three attempts to pass my driving test so obviously it wasn't meant to be!).

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### **Question # 62**

What is electrolytes?

**Answer:-**

Salts (ions) found in bodily fluids. During exercise, your body loses electrolytes (sodium, potassium) when you sweat. These electrolytes need to be replaced to keep concentrations constant in the body.

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### **Question # 63**

What is slow twitch muscle fibres?

**Answer:-**

The slow muscles are more efficient at using oxygen to generate more fuel for continuous, extended muscle contractions over a long time. They fire more slowly than fast twitch fibres and can keep going for longer before they fatigue. Therefore, slow twitch fibres are better for endurance sports like long distance running or cycling.

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### **Question # 64**

What is isokinetic exercise?

**Answer:-**

Isokinetic exercises are where variable resistance is applied to a limb in constant motion. While performing isokinetic exercises, the individual contracts a muscle while quickly move the limb. Equipment such as stationary bikes -- for which you can establish a number of revolutions per minute -- and resistance bands can allow performance of isokinetic exercises, although specialised equipment is necessary in many cases. Isokinetic exercise is mainly for physiotherapy.

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### **Question # 65**

What is antagonist muscle?

**Answer:-**

A muscle that causes movement at a joint in a direction opposite to that of the joint's agonist (prime mover). In a biceps curl the antagonist muscle is the triceps.

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### **Question # 66**

Why Should We Hire You Over Someone Else as Fitness Analyst?

**Answer:-**

Because I know that I can deliver more than they probably can, I also have the knowledge and experience to do it, I know that I have a lot to learn and I am willing to undergo training to be more qualified for this position.

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### **Question # 67**

Tell me aerobic endurance?

**Answer:-**

A term used to describe an individual's ability to do prolonged exercise without feeling fatigue, i.e. their aerobic fitness capacity.

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### **Question # 68**

What is cardiovascular system?

**Answer:-**

Also known as the circulatory system, it is an organ system consisting of the heart and blood vessels, which transports nutrients, oxygen, carbon dioxide and enzymes throughout the body and regulates the water levels of cells, temperature and acidity levels of body components.

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### **Question # 69**

What is progression?

**Answer:-**

The process of increasing the intensity, duration, frequency, or amount of activity or exercise as the body adapts to ensure that it continues to make improvements as a



result of the Overload Principle. Technogym's mywellness Cloud is a revolutionary new open platform that allows individuals to measure and aggregate all of the data surrounding their physical activities, both inside the gym and out, making it easy to see how to progress their workouts and keep improving their fitness.

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### **Question # 70**

What is DOMS (Delayed Onset Muscle Soreness)?

**Answer:-**

Muscle soreness or discomfort that appears 12 to 48 hours after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise. It is most likely due to microscopic tears in the muscle tissue, and it usually takes a couple of days for the repair and rebuilding process to be complete. After the experience, the muscle adapts rapidly to prevent muscle damage, and thereby soreness, if the exercise is repeated.

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### **Question # 71**

What is adrenaline?

**Answer:-**

Also called epinephrine, a hormone that stimulates body systems in response to stress and helps people perform with more energy.

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### **Question # 72**

Tell us about Your Qualifications as Fitness Analyst?

**Answer:-**

I am an expert in designing and implementing personalized exercise and diet programs based on the clients' goals and targets. I also have profound ability to recruit and retain clients, provide fitness equipment handling instructions and assess clients on regular basis. I am an expert in directing rehabilitation exercises following a sports or other injury.

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### **Question # 73**

What is physical fitness?

**Answer:-**

The ability to perform every day tasks with vigour and alertness, and to also enjoy leisure pursuits without becoming unduly fatigued. Physical fitness includes a number of components consisting of cardiovascular endurance (aerobic power), muscle strength and endurance, muscle power, flexibility, balance, speed of movement, coordination and reaction time, and body composition.

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### **Question # 74**

What is low impact?

**Answer:-**

Activities that place less stress on the bones and joints. Not to be confused with easy or ineffective, low-impact exercise is a great option for challenging the whole body - without all the stress. Consequently, low impact activities are better for people with joint pain or overweight individuals whose weight can hurt their joints. Examples include: swimming and cycling.

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### **Question # 75**

What is bone-strengthening activity?

**Answer:-**

Bone-strengthening activities are designed to promote bone strength by creating an impact or tension force on the bones that promote bone growth and strength. For example, running, jumping, skipping, and lifting weights are bone-strengthening activities.

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### **Question # 76**

Explain what Techniques Would You Employ To Increase Your Clientele?

**Answer:-**

I would be very approachable and likeable. I would always keep a smile on my face and approach clients where I see fit and engage in conversation.

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### **Question # 77**

What is anaerobic Threshold?

**Answer:-**

The point at which exercise intensity causes lactic acid to accumulate in the muscles faster than it can be cleared away.

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### **Question # 78**

What is ketosis?



**Answer:-**

Metabolic process that occurs when the body does not have enough glucose for energy. Stored fats are broken down, resulting in a build-up of acids called ketones within the body.

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**Question # 79**

What is overload Principle?

**Answer:-**

This principle says that in order to keep making gains from an exercise program, you must find some way to make it more difficult. This is because bodies adapt to exercise. Once your body adapts to a given workload, it will not continue to adapt unless the workload is increased/made more difficult again.

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**Question # 80**

Tell us what is anaerobic exercise?

**Answer:-**

Short in duration, it is high intensity activity performed without sufficient oxygen to supply the body's need for it at that moment.

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**Question # 81**

What is lifestyle activities?

**Answer:-**

Includes physical actions you perform as part of daily living. Lifestyle activity is generally not planned and occurs as a consequence of working, traveling, raising children, etc. - just plain living! Some lifestyle activities are more strenuous than others and can contribute to sizeable energy expenditure. Examples include taking the stairs instead of using the elevator, walking to do errands instead of driving, getting off a bus one stop early, or parking farther away than usual to walk to a destination.

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**Question # 82**

What is high impact?

**Answer:-**

Activities involving leaving the ground and landing with impact, placing more stress on the bones and joints. Typically, high impact activities are things like running, step aerobics, basketball, squash or tennis. However it is possible to modify many exercises to make them high or low impact.

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**Question # 83**

What is continuous training?

**Answer:-**

Involves working for a sustained period of time without rest. It improves cardio-vascular fitness. This is the most common type of sustained aerobic exercise for fitness improvement.

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**Question # 84**

What is bioelectrical impedance?

**Answer:-**

A way of determining body composition that uses a small electrical current. It is based on the fact that the lean body tissue is more conductive than fat tissue due to its higher water content. The more lean tissue present in the body, the greater the conductive potential, which can be measured in Ohms using special equipment.

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