

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



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## Fitness Specialist Job Interview Preparation Guide.

### Question # 1

What is High-intensity Interval Training (HIIT)?

#### Answer:-

We have written previous blogs about the benefits of HIIT here and here. This term makes the list because it is often used to refer to exercise performed at maximal intensity. However, it's important to remember that intensity can be subjective-what may be low intensity for some may be high intensity for others. For individuals with a history of being sedentary or who have been dealing with chronic medical conditions that limit their ability to exercise, simply walking continuously for a few minutes at a time could be considered "high intensity."

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### Question # 2

What is tabata?

#### Answer:-

A number of exercise programs and classes are called Tabata, which is an actual person. Twenty years ago, Dr. Izumi Tabata, an exercise scientist from Japan, and his colleagues conducted research on ways to improve aerobic capacity using short intervals of extremely high-intensity exercise. They found that exercising at 170% of aerobic capacity on cycle ergometers for a work interval of 20 seconds followed by a brief recovery interval of only 10 seconds, repeated to exhaustion, was extremely effective at boosting aerobic capacity. Since publishing the study in 1997, Dr. Tabata's name has been used to refer to a protocol of high-intensity interval training featuring 20-second work intervals followed by 10-second recovery intervals for eight cycles (a total of four minutes).

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### Question # 3

What is cardiorespiratory?

#### Answer:-

Concerning the heart and respiratory system.

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### Question # 4

What is maximal oxygen uptake (VO<sub>2</sub>max)?

#### Answer:-

The maximum capacity for oxygen consumption by the body during maximum exercise. Also known as aerobic power or maximal oxygen intake/consumption. VO<sub>2</sub>max is commonly used as a measure of aerobic fitness.

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### Question # 5

What is spotting?

#### Answer:-

A person, normally your workout partner, who watches your lifts for technique and safety. Their role is also to help you finish your movement.

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### Question # 6

What is eating clean?

#### Answer:-

One of the fundamentals of Core Performance nutrition, eating clean means choosing healthy, natural, and minimally processed foods to fuel your body.

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### Question # 7

What is low split stance?



**Answer:-**

One foot forward and the other foot back with your knees bent so that your back knee is just off the floor. This may also be referred to as a split squat position

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**Question # 8**

What is regeneration?

**Answer:-**

A critical component to any training plan, Regeneration restores balance in your body, helping to relieve aches and pains while enhancing your body's response to training. You'll stretch, massage, and recover to recharge your mind and body. Think of it as preparing for your next workout. This training component often appears last in a workout or standalone.

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**Question # 9**

What is active isolated stretching (AIS)?

**Answer:-**

Type of stretching in which you use a rope to gently assist in pulling a muscle a little farther than your body would normally allow to increase flexibility gains.

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**Question # 10**

What is resting metabolic rate (RMR)?

**Answer:-**

The body's metabolic rate (rate of energy use) early in the morning after an overnight fast and a full eight hours' sleep. This is different than Basal metabolic rate.

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**Question # 11**

What is heart rate?

**Answer:-**

A measurement of the work done by the heart, commonly expressed as the number of beats per minute (bpm).

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**Question # 12**

What is aerobic?

**Answer:-**

Meaning with oxygen. Aerobic training is at a lower intensity, with the purpose of stimulating aerobic metabolism to improve.

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**Question # 13**

What is muscle Confusion?

**Answer:-**

A popular consumer-oriented fitness program claims to be based on the science of "muscle confusion." This is simply a marketing term created to describe the physiological effect of periodization, which is a method of organizing exercise programs based on alternating periods of intensity. The concept of periodization was developed by Soviet Union sport scientists who recognized that periods of high-intensity exercise (high stress) should be followed by a period of low-intensity exercise (low stress) to let the body to fully recover from the workouts and allow the time for the physiological adaptations to occur.

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**Question # 14**

What is burning?

**Answer:-**

When it comes to exercise, burning is often used to refer to the feeling of when muscles experience an accumulation of metabolic waste, which creates fatigue. Acidosis is a change in blood acidity-specifically, elevated levels of lactic acid and hydrogen ions-that is often the result of moderate- to high-intensity exercise. A burning sensation in a muscle is an indication of acidosis. It's also a sign that it is time for a recovery period to allow the body to remove metabolic waste from the working muscles and replenish the nutrients required to continue performing muscle contractions.

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**Question # 15**

What is plyometrics?

**Answer:-**

Many programs or fitness classes refer to using plyos, which is short for plyometrics. Looking at the etymology of the word, 'plyo' (from pleio) is a pre-fix for "more" and metric refers to length; therefore, plyometric means "more length." This describes the physiological affect of the involved muscles during jump training (the most common application for the lower body) or explosive movements such as medicine ball throws (often used for upper-body plyometric training).

Plyometric training was developed by Soviet sport scientists who originally referred to it as "shock training" because of the high forces experienced by the involved tissue. That's why it's important to perform only a few repetitions at a time to achieve the highest level of force output possible. Any program requiring participants to perform more than five or six rapid movements (i.e., jumps or explosive lifts) in a row can significantly increase the risk of injury by placing too much force on the involved tissue.



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### **Question # 16**

What is lactate threshold?

**Answer:-**

The point during increasingly intensive exercise at which blood lactate begins to accumulate above resting levels.

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### **Question # 17**

What is movement Preparation?

**Answer:-**

Movement Preparation, or Movement Prep, is an efficient warm-up that consists of dynamic stretches designed to lengthen, strengthen, and stabilize your body. Not only will it prepare your mind and body for better workouts, but it will actually make you stronger and help you move more efficiently. Think of it as warming up with a purpose. Movement Prep is typically the first or second training component (following Pillar Prep) in Core Performance workouts, but you can also perform it anytime, anywhere.

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### **Question # 18**

What is core Training?

**Answer:-**

This has become one of the most popular and overused fitness terms of the past several years. It seems as if almost any fitness class, workout program or equipment will provide "core training" benefits. The "core" most often refers to the muscles that make up the mid-section of the body, including the ever-elusive six-pack. However, it is much more effective to think of the body's core as the center of gravity and not an actual group of muscles. When we look at how the body functions during upright movement patterns such as walking, lifting an object off of the ground or moving an object from one place to another, we have to consider the fact that any muscle that attaches to the spine, rib cage or pelvis influences movement around the body's center of gravity.

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### **Question # 19**

What is mind-body?

**Answer:-**

This term is commonly used to describe a general mode of exercise such as yoga or Pilates, because they are traditionally performed with bodyweight (with the exception of Pilates programs involving equipment such as a reformer or barrel) and require concentration to execute challenging movement sequences. However, any purposeful movement, whether it's a biceps curl or downward facing dog, requires conscious effort. Therefore, almost any physical activity that involves learning and executing movement patterns, no matter how basic, requires cognitive focus and should technically be classified as mind-body.

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### **Question # 20**

Explain what is Basal metabolic rate (BMR)?

**Answer:-**

The lowest rate of body metabolism (rate of energy use) that can sustain life, measured after a full night's sleep in a laboratory under optimal conditions of quiet, rest and relaxation.

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### **Question # 21**

What is maximum heart rate?

**Answer:-**

The highest number of heart beats per minute (bpm) when exercising maximally.

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### **Question # 22**

What is Energy Systems Development?

**Answer:-**

ESD is the cardiovascular component of Core Performance training programs. The intensity of the workouts is broken up into three different heart rate zones, which are differentiated by color: Yellow is easy/recovery, green is moderate/strength, and red is hard/power. Instead of slow, plodding workouts, ESD will have your muscles, nervous system, and hormones acting together to help your body work as efficiently as possible.

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### **Question # 23**

What is proprioception?

**Answer:-**

Ability to know where your joint is in space-for instance, when standing on one leg-due to a system of pressure sensors in the joints, muscles, and tendons that provide the body with information to maintain balance.

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### **Question # 24**

Tell us what is cardio?

#### **Answer:-**

Cardio is short for cardiorespiratory or cardiovascular exercise and refers to exercise that elevates the heart rate to pump oxygen and nutrient-carrying blood to the working muscles. Most often used for exercise performed on equipment like treadmills, elliptical runners or stationary bikes, it is important to know that ANY exercise that elevates the heart rate can provide cardiorespiratory benefits. Circuit training with free-weights or performing an AMRAP (as many rounds of a particular circuit as possible in a given amount of time) can be considered cardiorespiratory exercise.

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### **Question # 25**

What is aerobic fitness?

#### **Answer:-**

A measure of how well your blood transports oxygen around the body, and how well your muscles utilize the oxygen.

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### **Question # 26**

What is endurance?

#### **Answer:-**

The body's ability to exercise with minimal fatigue. Often used with other terms such as; endurance training, muscular endurance and cardiorespiratory endurance.

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### **Question # 27**

What is resistance training?

#### **Answer:-**

Training designed to increase the body's strength, power, and muscular endurance through resistance exercise. The most common form of which is weight training.

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### **Question # 28**

What is active recovery?

#### **Answer:-**

Low-intensity activity, such as golfing or an easy jog, designed to help your body recover for your next workout. Used interchangeably with "active rest."

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### **Question # 29**

What is mindset?

#### **Answer:-**

Mindset at Core Performance is about walking into a situation or working toward a goal with a full understanding of what it requires and how to accomplish it. For long-term success, it's important to create a game plan that will help guide you and keep you motivated toward a big-picture lifestyle change. Developing the proper mindset will prepare you for everything that comes your way.

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### **Question # 30**

What is cardiorespiratory endurance?

#### **Answer:-**

The same as aerobic endurance.

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### **Question # 31**

What is oxygen Consumption?

#### **Answer:-**

Oxygen consumption (VO<sub>2</sub>) may be defined as ones ability to extract oxygen from the atmosphere via the respiratory system and transport it in the blood to the working tissues (eg. muscles) for the energy production by the oxidation of carbohydrate and fat. The highest rate at which you can uptake oxygen is termed the maximal oxygen consumption (VO<sub>2</sub>max). Research has shown VO<sub>2</sub>max to be one of the most important determinants of aerobic or endurance performance.

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### **Question # 32**

What is nutrition?

#### **Answer:-**

Nutrition at Core Performance is seen as a way to fuel your body for optimal energy and production, not as a way of dealing with stress or curbing emotions. The path to success isn't about deprivation, but instead it's focused on being proactive with your health by combining nutrition and exercise for maximum results.

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### **Question # 33**

What is metabolic Conditioning?

#### **Answer:-**

Similar to HIIT, metabolic conditioning is often used to refer to high-intensity exercise performed to the point of being out of breath or experiencing muscle soreness. Here is why this overused term ought to be retired from the lexicon: Metabolism is the chemical process by which a biological organism produces energy for muscular contraction. That means that any exercise requiring a muscle contraction (which in itself requires energy) is a form of metabolic conditioning. Standing from your chair after reading this post requires your metabolism to fuel your muscles. Therefore, it is more appropriate to describe the level of effort required to perform the planned activity, such as low-intensity, moderate-intensity, high-intensity or maximal intensity.

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### **Question # 34**

What is metabolism?

#### **Answer:-**

Process by which your body converts food to energy, sometimes referred to as your "fat furnace."

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### **Question # 35**

What are sets?

#### **Answer:-**

A set is a group of repetitions. A workout usually includes several sets of each exercise.

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### **Question # 36**

What is aerobic endurance?

#### **Answer:-**

A term for someone's aerobic fitness capacity - their ability to do prolonged exercise without fatigue.

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### **Question # 37**

What is aerobic metabolism?

#### **Answer:-**

The metabolic process that occurs in the cells, by which the body uses oxygen to produce energy.

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### **Question # 38**

What is cardiovascular?

#### **Answer:-**

Concerning the heart and blood vessels.

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### **Question # 39**

What is vO<sub>2</sub>?

#### **Answer:-**

Oxygen consumption/uptake by the body. Usually expressed in ml.kg<sup>-1</sup>.min<sup>-1</sup>, sometimes in l.min<sup>-1</sup>.

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### **Question # 40**

What is passive recovery?

#### **Answer:-**

Passive recovery involves things like massage that require little to no effort.

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### **Question # 41**

What is fartlek training (speed play)?

#### **Answer:-**

Training in which the pace is varied from a fast sprint to slow jogging.

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### **Question # 42**

What is Beats per Minute (bpm)?

#### **Answer:-**



The units of heart rate, beats per minute

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### **Question # 43**

What is lactate?

**Answer:-**

A salt formed from lactic acid. See also lactic acid.

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### **Question # 44**

What is mobility?

**Answer:-**

Ability to move your body in an efficient manner.

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### **Question # 45**

What is overtraining?

**Answer:-**

A physical and mental state which occurs due to excessive training without adequate recovery

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### **Question # 46**

What is repetitions or Reps?

**Answer:-**

the number of times a lift or effort is made continuously, one after another and without any rest.

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### **Question # 47**

What is trigger point?

**Answer:-**

An area of deep muscle tissue that we isolate and release using movements. Trigger point movements should feel like a deep massage.

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### **Question # 48**

What is phytochemicals?

**Answer:-**

Pronounced "fight-o-chemicals," these substances can help protect you from disease and boost performance.

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### **Question # 49**

What is anaerobic?

**Answer:-**

Anaerobic processes occur in the cells of the body without the presence of oxygen. Anaerobic training is of high intensity and short duration, with the aim of the efficiency of the body's anaerobic energy-producing systems.

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### **Question # 50**

What is glycogen?

**Answer:-**

The form in which carbohydrates are stored in the body. Primary sites for storage are the muscles and the liver.

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### **Question # 51**

What is pillar strength?

**Answer:-**

Relates to the strength of your pillar-your shoulders, torso, and hips. Critical as a foundation for all movement.

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### **Question # 52**

What is toning?



**Answer:-**

If you ask most people what their general fitness goals, the answer often is to "tone up and get in shape." We have come to accept the term "tone" to mean muscular definition, or the appearance of a well-defined muscle. The term is actually short for tonus, which is the technical term used to describe a state of contraction in a normally functioning muscle. Using a muscle repeatedly during a strength training exercise will leave that muscle in a state of semi-contraction, creating the defined appearance we have come to expect as the result of exercise.

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**Question # 53**

What is resting heart rate?

**Answer:-**

The number of heart beats in one minute (bpm) when a person is at complete rest. A person's resting heart rate decreases as they become more fit.

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**Question # 54**

Explain what is anaerobic threshold?

**Answer:-**

The physiological point during exercise at which lactic acid starts to accumulate in the muscles. It occurs around the point of the exercise intensity increasing such that anaerobic processes are becoming more dominant.

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**Question # 55**

What is tapering?

**Answer:-**

A reduction in training intensity before a major competition to give the body time to recover and adapt so as to reach a peak in performance.

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**Question # 56**

Explain me what is body composition?

**Answer:-**

Body composition refers to the components of the body. It is usually divided into two components: the amount of fat mass (weight) and the amount of fat-free mass (muscle, bone, skin and organs) in the body.

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**Question # 57**

What is interval training?

**Answer:-**

A training session that involves repeated bouts of exercise, separated by rest intervals. Depending of the length of exercise and rest periods, it may be anaerobic or aerobic training.

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