

NETA Practice Test Questions and Answers

1. What is the purpose of a fitness assessment?

- A) To focus only on weight loss.
- B) To measure fitness levels and create a personalized program
- C) To sell fitness products to the client.
- D) To increase the number of clients.

2. Why is honesty important in fitness training?

- A) To avoid offering detailed explanations.
- B) To maintain trust and provide realistic guidance
- C) To mislead clients into paying for additional services.
- D) To avoid offering guidance on difficult topics.

3. How can a trainer avoid conflicts of interest?

- A) By prioritizing personal interests over client needs.
- B) By ensuring that all recommendations are unbiased and in the client's best interest
- C) By recommending only high-commission products.
- D) By focusing on increasing sales.

4. Why is progression important in a fitness program?

- A) To avoid injuries and improve performance.
- B) To gradually challenge the body and encourage growth
- C) To make the program less challenging.
- D) To reduce the workout duration.

Answers: 1-B 2-B 3-B 4-B

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