

Certified Applied Kinesiologist Test Practice Test Questions and Answers

1. What is the primary diagnostic tool used in Applied Kinesiology?

- A) X-ray imaging
- B) Manual muscle testing
- C) Blood tests
- D) MRI scans

2. According to Applied Kinesiology theory, what does muscle weakness often indicate?

- A) Lack of exercise only
- B) Neurological dysfunction or organ imbalance
- C) Dehydration exclusively
- D) Age-related muscle atrophy

3. What is the correct procedure for performing a muscle test in Applied Kinesiology?

- A) Apply maximum force immediately
- B) Use gradual pressure buildup to test muscle response
- C) Test only when the patient is fatigued
- D) Apply pressure for extended periods

4. In Applied Kinesiology, what is the triangular approach to health assessment?

- A) Physical exercise, diet, and sleep
- B) Structural, chemical, and mental/emotional factors
- C) Past, present, and future health concerns
- D) Acute, chronic, and preventive care

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

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