

REP Practice Test Questions and Answers

1. What does REP commonly stand for in fitness and exercise science?

- A) Registered Exercise Professional
- B) Rehabilitation Exercise Program
- C) Registered Exercise Physiologist
- D) Repetitive Exercise Protocol

2. What is the recommended frequency for cardiovascular exercise for general health?

- A) Once per week
- B) 150 minutes of moderate-intensity exercise per week
- C) Daily high-intensity exercise only
- D) Exercise is not necessary for health

3. Which assessment is most important before starting an exercise program?

- A) Financial assessment
- B) Pre-exercise health screening and risk stratification
- C) Social media profile review
- D) Dietary preferences only

4. What is the primary principle behind progressive overload in exercise prescription?

- A) Always maintaining the same intensity
- B) Gradually increasing exercise demands to promote adaptation
- C) Exercising at maximum intensity from day one
- D) Avoiding any form of physical challenge

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

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