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**Takeaway Quiz Answers**

**Chapter 9**

So here are the answers for our Chapter 9 takeaway quiz as well as the explanations. Let’s see how well you did. Note that the correct answers to the quiz questions are bolded.

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**Question 1**

True or false? A trainer that’s out of shape will still be seen as credible by most clients. It’s the head knowledge that counts.

1. True
2. **False**

A personal trainer needs to be in shape. And yes, you certainly will seem more credible if you are.

**Question 2**

Another reason for you to stay in shape as a personal trainer is the fact that \_\_\_\_\_\_\_?

1. You can do more reps and at higher weights
2. **The job is physically demanding**
3. None of the above

 As a personal trainer, you are on your feet for most of the day. This is a physically demanding job and the fitter you, the better.

**Question 3**

True or false? It’s not necessary to follow your own training program in your downtime.

1. True
2. **False**

Of course you should be following an exercise program and getting in your own training in the downtime when you are not seeing clients.

**Question 4**

Which of these should be your first priority when it comes to bettering yourself as a personal trainer?

1. Trying to beat your bench press record
2. **Continuing education and looking towards yours specialization**
3. Getting your clients to give you referrals

I cannot stress enough that continuing education is the key to going forward in your career. And I don’t only mean getting the required CECs every few years to keep your certification valid.

**Question 5**

One of the best ways to continually improve as a fitness trainer is to \_\_\_\_?

1. **Upskill your fitness knowledge**
2. Make sure you use personal training software
3. Train at least 5 times a week

Knowledge of a huge library of exercises also means that you always have a backup plan, for example, when the equipment you want to use for a client is not available or occupied.

**Question 6**

True or false? Upskilling your fitness knowledge doesn’t help in keeping clients safe during training

1. True
2. **False**

False. By upskilling yourself through studying further, you are helping to keep your clients safe. And if an injury or situation does occur, you will also then have the knowledge to deal with it.

**Question 7**

When keeping client records, which of these is one of the best ways to do so?

1. You don’t have to worry, the gym you work in will have records for you
2. Have the client keep their own records after each session and ask them to bring it along next time
3. **Using personal training software**

Without a doubt, personal training software is one of the best ways to keep client records. Everything is kept safe and secure online and there are so many other features that you can make use of.

**Question 8**

When not dealing with clients, you should constantly re-evaluate and draw up new exercise programs as the need arises. True or false?

1. False
2. **True**

When it comes to your clients, things are always changing. That’s because as they train with you, they will improve their fitness.

That means that the exercise program you started them then is continually evolving. That’s why it’s important that when you are not in the gym, you set aside some time to look into each client’s program and change them up when you need to do so.