

NHE Certification
Personal Trainer (Level One) Practical Exam

Affiliate Location: _____

Examinee's Full Name: _____

Examinee's Phone number: (_____) _____ (_____) _____

NHE Authorized Instructor: _____

Exam Start Time: _____

Note To Instructor:

Q: Examinee- *(ask the examinee this question. Listen to his/her answer and determine whether or not you feel it is complete.)*

Q: Instructor- *(ask yourself this question and answer yes or no.)*

Practical Exam Questions

Section 1

Ask the examinee to lead you to this exercise: **Dumbbell Shoulder Laterals**

Completed answer? (underline one)

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Correct demonstration? (underline one)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Y N

Section 2

Ask the examinee to lead you to this exercise: **Seated Cable Rows**

Completed answer? (underline one)

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Correct demonstration? (underline one)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Y N

Section 3

Ask the examinee to lead you to this exercise: **Reverse-grip Barbell Rows**

Completed answer? (underline one)

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Correct demonstration? (underline one)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Y N

Section 4

Ask the examinee to lead you to this exercise: **Reverse Crunch**

Completed answer? (underline one)

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Correct demonstration? (underline one)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Y N

Section 5

Ask the examinee to lead you to this exercise: **Push-Ups**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 6

Ask the examinee to lead you to this exercise: **Dumbbell Pull-Over**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 7

Ask the examinee to lead you to this exercise: **Triceps Pushdown**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 8

Ask the examinee to lead you to this exercise: **Lying Leg Curl**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 9

Ask the examinee to lead you to this exercise: **Preacher Curl**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 10

Ask the examinee to lead you to this exercise: **Dumbbell Squats**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 11

Ask the examinee to lead you to this exercise: **Lying Cable Curls**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 12

Ask the examinee to lead you to this exercise: **Walking Lunges**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 13

Ask the examinee to lead you to this exercise: **Lat Pulldowns**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 14

Ask the examinee to lead you to this exercise: **Leg Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 15

Ask the examinee to lead you to this exercise: **Leg Extensions**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 16

Ask the examinee to lead you to this exercise: **Incline Biceps Curls**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 17

Ask the examinee to lead you to this exercise: **Incline Barbell Triceps Extension**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 18

Ask the examinee to lead you to this exercise: **Hyperextensions**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 19

Ask the examinee to lead you to this exercise: **Hip Raises**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 20

Ask the examinee to lead you to this exercise: **Hammer Curl**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 21

Ask the examinee to lead you to this exercise: **Hack Squats**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 22

Ask the examinee to lead you to this exercise: **Stiff-Leg Bent-over (barbell)**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 23

Ask the examinee to lead you to this exercise: **Barbell Squats**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 24

Ask the examinee to lead you to this exercise: **Decline Barbell Chest Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 25

Ask the examinee to lead you to this exercise: **Shoulder Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 26

Ask the examinee to lead you to this exercise: **Dumbbell Row**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 27

Ask the examinee to lead you to this exercise: **Barbell Row**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 28

Ask the examinee to lead you to this exercise: **Incline Barbell Chest Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 29

Ask the examinee to lead you to this exercise: **Dumbbell Chest Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 30

Ask the examinee to lead you to this exercise: **Dumbbell Fly**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 31

Ask the examinee to lead you to this exercise: **Dumbbell Leg Curl**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 32

Ask the examinee to lead you to this exercise: **Dumbbell Triceps Extension**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 33

Ask the examinee to lead you to this exercise: **Crunch**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 34

Ask the examinee to lead you to this exercise: **Concentration Curls**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 35

Ask the examinee to lead you to this exercise: **Cable Shoulder Frontals**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 36

Ask the examinee to lead you to this exercise: **Dumbbell Rear-Delt Raises**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 37

Ask the examinee to lead you to this exercise: **Triceps Dips**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 38

Ask the examinee to lead you to this exercise: **Adductor Raises**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 39

Ask the examinee to lead you to this exercise: **Cable-Cross Over**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 40

Ask the examinee to lead you to this exercise: **Smith Machine Squats**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 41

Ask the examinee to lead you to this exercise: **Triceps Kickbacks**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 42

Ask the examinee to lead you to this exercise: **Machine Lat Rows**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 43

Ask the examinee to lead you to this exercise: **Vertical Chest Press**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 44

Ask the examinee to lead you to this exercise: **Seated Leg Curl**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 45

Ask the examinee to lead you to this exercise: **Triceps Rope Extension**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 46

Ask the examinee to lead you to this exercise: **Standing Calve Raise**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 47

Ask the examinee to lead you to this exercise: **Seated Calve Raise**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 48

Ask the examinee to lead you to this exercise: **Fitness Ball Abdominal Crunch**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 49

Ask the examinee to lead you to this exercise: **Standing Leg Curls**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Section 50

Ask the examinee to lead you to this exercise: **Pec-Deck**

Q: Examinee- “Which muscles are involved throughout this particular exercise?”

Completed answer? (underline one)

Y N

Ask the examinee to demonstrate the exercise: (5 reps only)

Q: Instructor- “Did he/she demonstrate this exercise correctly?”

Correct demonstration? (underline one)

Y N

Instructor comments: _____

Exam End Time: _____

Instructor's signature: _____

Date signed: _____