

CPT Valid Test Answers - CPT Reliable Exam Materials

CSEP CPT Exam

what is the average stroke volume during exercise and at rest? - ANSWERRest: 70 mL/b
Exercise: 120-190mL/b

what is the average cardiac output at rest and during Exercise? - ANSWERRest: 4900 mL/min
Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? -
ANSWERFuel: ATP and PCr
Duration : 0-15 secs
By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? -
ANSWERFuel: CHO
Duration: 15-120 secs
By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ANSWERFuel: CHO, Fats, and Proteins (5%)
Duration: 120 -several hours
By-Products: Heat, 36 ATP/mol CHO, H₂O, CO₂

What is the valid direct measure of MAP or VO₂? - ANSWERa breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ANSWERMET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O₂/kg/min.

What are the METs during light intensity, moderate intensity, vigorous intensity, and moderate-vigorous intensity PA? - ANSWERLight: >1.5 MET <3.0
Moderate: 3-6 METS
Vigorous: >6 MET
Mod-Vig: All Activities > 3 METs

Define Muscular Strength: - ANSWERis the ability to produce maximal force at a given speed.

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NASM Certified Personal Trainer Exam Sample Questions (Q13-Q18):

NEW QUESTION # 13

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- **A. Static**
- B. Active
- C. Plyometric
- D. Dynamic

Answer: A

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 14

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Precontemplation
- B. Contemplation
- C. Action
- **D. Preparation**

Answer: D

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 15

When a client is performing a dumbbell chest press, the trainer should spot the client in which of the following locations?

- **A. Wrist**
- B. Dumbbell
- C. Elbows
- D. Forearms

Answer: A

Explanation:

When spotting a dumbbell chest press, NASM recommends placing the hands at the client's wrists to help control the path of the dumbbells without restricting elbow movement.

Spotting at the elbows or forearms offers less stability and could allow the weight to drift into unsafe positions. Holding the dumbbells directly can disrupt the client's grip and balance. By spotting at the wrists, the trainer can assist only as much as needed while allowing the client to maintain proper form.

NEW QUESTION # 16

A trainer is coordinating with a network of professionals for education and referrals. Which of the following resources would be most beneficial?

- A. Massage therapist
- B. Dentist
- C. School gym teacher
- D. Health insurance provider

Answer: A

Explanation:

For professional collaboration and client referrals, NASM recommends building a network that supports holistic health, performance, and recovery. A massage therapist can assist with muscular recovery, flexibility, and injury prevention, complementing a CPT's program design.

Dentists and health insurance providers are outside the scope of fitness program collaboration. A school gym teacher could be helpful in a youth setting but is not as directly aligned with adult personal training needs.

Therefore, a massage therapist is the most beneficial referral partner in this scenario.

NEW QUESTION # 17

What is stroke volume (SV)?

- A. The measured volume of blood that is pumped throughout the cardiac system in one cycle.
- B. The duration of time that it takes to complete a cycle of blood movement throughout the cardiac system.
- C. The actual volume of blood pumped from the left ventricle of the heart in one beat.
- D. The duration of time and volume ratio that exists between the beginning and end of the cardiac system cycle.

Answer: C

NEW QUESTION # 18

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