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NCSF CPT 2024 REAL EXAM WITH ALL 150 QUESTIONS AND CORRECT ANSWERS/ NCSF CPT (CERTIFIED PERSONAL TRAINER) ACTUAL EXAM LATEST 2024- 2025 (GUARANTEED PASS)

National Council on Strength and Fitness CPT exam

What may cause inhibition to muscle cell contractility during physical activity? -
ANSWER-Lactic acid

Suppose that after several weeks of training a client's VO₂max increased from 34 ml/kg/min-1 to 38 ml/kg/min-1. What physiological adaptations played a role in the improvement? - ANSWER-An increase in O₂ extraction and increased cardiac output due to training

What does NOT require a medical referral for continued exercise participation? -
ANSWER-Significant rise in systolic blood pressure during resistance training

What previously sedentary client would require medical clearance prior to engaging in a moderate intensity exercise program? - ANSWER-Female, 46 years old, controlled blood pressure with medication, RHR = 70, body fat 28%

A new client comes to you with a recent blood lipid profile from her physician. It indicates that her LDL-C is 125 mg/dl. What is the correct course of action? - ANSWER-You don't have to implement any restrictions based on her cholesterol, since the numbers indicate a healthy profile.

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q23-Q28):

NEW QUESTION # 23

All of the following classes of nutrients provide sources of energy EXCEPT

- A. fats
- B. proteins
- C. carbohydrates
- **D. vitamins**

Answer: D

Explanation:

Carbon is critical for the energy, production process. Proteins, fats, and carbohydrates-which are all sources of carbon-contribute to a number of functions in the body. They help provide energy so that muscles, nerves, and metabolic processes work normally. Energy, is measured in calories (cal) or kilocalories (kcal). When individuals exercise, they can ,turn" energy,, more quickly. Vitamins and minerals are critical for providing essential nutrients that the body needs to maintain normal function: however, they are not a source of energy.

NEW QUESTION # 24

Which of the following should be considered a life-threatening medical emergency?

- A. A dislocation of the cervical spinal cord
- B. An Achilles, tendon rupture
- **C. A hip fracture in an elderly individual**
- D. Anterior cruciate ligament tear

Answer: C

Explanation:

Any trauma to the neck (or cervical spine) should be considered a medical emergency. When the cervical vertebrae are dislocated or fractured, the spinal column can become unstable. This can potentially lead to paralysis or death. While an Achilles, tendon rupture or anterior cruciate ligament tear is a serious leg/knee injury, respectively, and may be career ending for athletes, either one is not life threatening. A hip fracture or a fracture of the neck of the femur can cause permanent disability, especially in the elderly. However, these are also not usually life threatening.

NEW QUESTION # 25

You are exercising outdoors and become concerned that your client may be dehydrated. At what point would her condition be considered a medical emergency?

- A. When she becomes dizzy and light-headed
- B. When she begins complaining of a headache
- C. When she complains that her leg muscles are cramping
- **D. When she seems to be confused and doesn't know where she is**

Answer: D

Explanation:

Dehydration, heat exhaustion, and heat stroke are conditions that are best avoided by encouraging clients to drink either water or sports drinks often. When individuals wait until they feel thirsty to drink, they may already have lost 1 to 2 liters of fluid. A dehydrated individual may feel less energetic and begin to develop muscle cramps. If not treated, an individual can develop heat

exhaustion, which may be manifested by headaches and feelings of nausea. If heat exhaustion isn't treated, an individual may suffer from heat stroke. During heat stroke, an individual's body temperature increases, and he or she may become confused or lose consciousness. This is a medical emergency. The patient needs to have her body temperature lowered as quickly as possible.

NEW QUESTION # 26

As a prelude to creating a personal training package for a client, a trainer should obtain all of the following EXCEPT

- A. Health history of the client
- B. Permission to post the client's photo on the trainer's Web site
- C. Approval and signature of a physician
- **D. Informed consent from the client**

Answer: D

Explanation:

While you should always obtain permission before posting a photo of a client on a Web site, that is not one of the critical initial pieces of information. If medical clearance is necessary, a signature and recommendations from your client's physician should be obtained. In addition, you will need to know your client's past and present medical and health issues to create an appropriate training plan. You also need informed consent from your client, demonstrating that he or she understands the risk and benefits of undertaking a training program.

NEW QUESTION # 27

An effective cardiorespiratory training program session should include all of these basic components EXCEPT

- A. Endurance phase
- B. Power phase
- C. Cool-down phase
- **D. Warm-up phase**

Answer: D

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a client's goals, daily routines, and preferences into account to create a routine that will be followed. Each training session should include a warm-up phase, a workout or endurance phase, and then a cool-down phase.

NEW QUESTION # 28

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When analyzing mobile apps, there are several approaches that an investigator NCSF-CPT can take, in order to examine the user data, He and I have joked, we probably could have written a whole book about Report Builder in itself.

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