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Fitness is one of the most powerful and rapidly growing fields nowadays. Everyone is trying to get the Fitness NCSF-CPT certification to improve their futures with it. Success in the test plays an important role in the up gradation of your CV and getting a good job or working online to achieve your dreams. The students are making up their minds for the Fitness NCSF-CPT test but they are mostly confused about where to prepare for it successfully on the first try.

>> New NCSF-CPT Test Sample <<

NCSF-CPT - Updated New National Council on Strength and Fitness Personal Trainer Exam Test Sample

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q47-Q52):

NEW QUESTION # 47

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "How would you like this work to help you?"
- **B. problems do you have?"**
- C. "Can you tell me about your daily routine?"
- D. "Do you think you have clinical depression?"

Answer: B

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

NEW QUESTION # 48

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

- A. An Achilles, tendon rupture
- B. A dislocation of the cervical spinal cord
- **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 # 49

Which function does the autonomic nervous system NOT regulate?

- A. Secretion of hormones
- **B. Running**
- C. Digestion
- D. Breathing

Answer: B

Explanation:

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

NEW QUESTION # 50

The end of a bone is called the

- A. Diaphysis
- B. Endosteum
- C. Periosteum
- **D. Epiphysis**

Answer: D

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 51

All of the following are benefits of increased flexibility EXCEPT

- A. Increased range of motion
- **B. Increased chance of muscle injury**
- C. Improved coordination
- D. Improved circulation

Answer: B

Explanation:

Flexibility training has a number of benefits, including increased circulation, increased range of motion, improved muscle coordination, and decreased future chance of muscle injury.

NEW QUESTION # 52

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