

NCSF-CPT Practice Tests, New NCSF-CPT Exam Review

NCSF - National Council on Strength and Fitness - Exam 2025 - 2026

*NCSF CPT Final Practice Exam 2025 – Strength &
Conditioning Certification Review Questions with
Rationales | Exercise Science, Program Design &
Nutrition | National Council on Strength and Fitness*

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Section	Weight	Objectives
Exercise Programming	19%	- Program Design • 1. Cardiorespiratory Training Programs • 2. Resistance Training Programs
Exercise Physiology	9%	- Energy Systems • 1. Physiological Adaptations to Exercise • 2. Aerobic and Anaerobic Metabolism
Considerations for Special Populations	4%	- Special Population Training • 1. Older Adults • 2. Clients with Medical Conditions

Screening and Evaluation	11%	- Client Assessment • 1. Pre-Participation Screening • 2. Fitness Testing and Evaluation
Professionalism and Risk Management	3%	- Professional Practice • 1. Legal Responsibilities • 2. Ethics and Safety
Functional Anatomy	12%	- Musculoskeletal System • 1. Movement Mechanics • 2. Joint Structure and Function
Training Instruction	16%	- Exercise Technique • 1. Exercise Demonstration • 2. Coaching and Cueing
Weight Management	8%	- Body Composition • 1. Fat Loss Strategies • 2. Weight Control Methods
Health and Physical Fitness	11%	- Fitness Concepts • 1. Components of Fitness • 2. Health Benefits of Exercise
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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q21-Q26):

NEW QUESTION # 21

When working with a trainer, an individual lifts a 10-pound weight straight over her head through a distance of 2.5 feet. How much linear work has been generated?

- A. 25 pound-feet
- B. 4 pound-feet
- C. 50 pound-feet
- D. 7.5 pound-feet

Answer: A

Explanation:

Multiplying the force times the distance through which the force travels will result in the linear work generated. Ten times 2.5 equals 25.

NEW QUESTION # 22

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 75 to 120
- B. 85 to 145
- C. 85 to 110
- D. 120 to 160

Answer: C

Explanation:

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION # 23

A deficiency of which vitamin can lead to difficulty seeing at night and an increased susceptibility to infections?

- A. vitamin A
- B. vitamin B3
- C. vitamin E
- D. vitamin B1

Answer: C

Explanation:

Vitamin A known as retinol, is found in foods such as fish liver oils, butter, and egg yolks. It is critical for red blood cell and embryo development and normal functioning of the eyes, the immune system, and the skin. Vitamin B1 is also called thiamin. A deficiency of this vitamin can lead to beriberi. Symptoms of beriberi can include cardiovascular problems, peripheral neuropathy, and cognitive and psychiatric problems. Vitamin B3 is also known as niacin; a deficiency of this vitamin can cause a disease called pellagra. Pellagra can cause a skin rash, gastrointestinal symptoms, or cognitive difficulties. If untreated, it can also lead to death. Vitamin E is an antioxidant that augments the immune system. It can help prevent cell membranes from being destroyed by harmful free radicals.

NEW QUESTION # 24

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

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

Answer: C

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 # 25

The primary function of the respiratory system is

- Answer: D**

The respiratory system involves the lungs and is where the exchange of oxygen for carbon dioxide occurs. The cardiovascular system, which involves the heart and blood vessels, is responsible for delivering oxygen and nutrients to all tissues in the body, regulating the body's pH level to prevent acidosis or alkalosis, and maintaining fluid volume to prevent dehydration.

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