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NCSF-CPT exam topics, structure, and a number of the questions that you will face in the upcoming National Council on Strength and Fitness Personal Trainer Exam NCSF-CPT Exam. You can evaluate your Salesforce National Council on Strength and Fitness Personal Trainer Exam exam preparation performance and work on the weak topic areas. But here is the problem where you will get National Council on Strength and Fitness Personal Trainer Exam exam questions.

Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q35-Q40):

NEW QUESTION # 35

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Change talk
- B. Motivational interviewing
- C. Appreciative inquiry
- **D. Generative moments**

Answer: D

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

NEW QUESTION # 36

The end of a bone is called the

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

Answer: C

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 # 37

The primary function of the respiratory system is

- A. Delivering nutrients to tissues in the body
- **B. Maintaining fluid volume to prevent dehydration**
- C. Regulating the body's pH level
- D. Facilitating the exchange of oxygen and carbon dioxide

Answer: B

Explanation:

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.

NEW QUESTION # 38

Which of these muscles is not part of the Rotator cuff?

- A. Infraspinatus
- B. Supraspinatus
- C. Teres minor
- **D. Teres major**

Answer: D

Explanation:

The Supraspinatus is an abductor of the arm. The Infraspinatus and Teres minor are both external rotators. The Subscapularis is the missing muscle of the rotator cuff.

NEW QUESTION # 39

The condition that involves rapid breakdown of muscle tissue due to too much exercise, which can potentially result in kidney failure, is called

- **A. Rhabdomyolysis**
- B. Myoglobinuria
- C. Dialysis
- D. Proteinuria

Answer: A

Explanation:

Rhabdomyolysis, caused when an individual exercises too excessively, results in muscle damage and breakdown. These breakdown products, which can include protein and myoglobin, then enter the bloodstream and have the potential to harm the kidneys. Kidney failure, and possibly death, can result. Symptoms of rhabdomyolysis can include muscle swelling, pain, and soreness. Myoglobinuria and proteinuria describe the conditions of having myoglobin and protein in the urine. However, they do not necessarily reflect a cause. Dialysis is a treatment for kidney failure.

NEW QUESTION # 40

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