

NCSF-CPT Dump Ready - Exam Questions and Answers

NCSF Exam 2024 Questions with correct Answers

Sugar - Answer ✓✓-What is the only fuel source that can be used during anaerobic metabolism?

Carbohydrates, lipids (fats) - Answer ✓✓-_____ serve as the primary fuel for exercise, while _____ are primarily used during rest and low-intensity physical activity.

Aerobic metabolism can occur using what fuel sources? - Answer ✓✓-Carbohydrates, fats, protein and various associated substrates

What is the primary fuel source during 1) a vertical jump, 2) a 3RM deadlift, and 3) a 10-second sprint? - Answer ✓✓-1) stored ATP, 2-3) stored creatine phosphate

What are the primary storage sites for glycogen within the body? - Answer ✓✓-Skeletal muscle (~400g) and the liver (~95g)

How much rest is needed to fully recover from an exercise that significantly drains creatine phosphate stores within a muscle? - Answer ✓✓-2-5 minutes

As a client increases their VO₂max, he or she will have a lower _____ during any sub-maximal exercise intensity; this is mainly attributed to an increase in _____. - Answer ✓✓-Heart rate, stroke volume

Cardiac output is a product of; - Answer ✓✓-Stroke volume x heart rate

Cellular metabolism using oxygen and various substrates for fuel occurs in the: - Answer ✓✓-Mitochondria

What muscle fiber type has the lowest capacity to produce force? - Answer ✓✓-Type I (slow-twitch oxidative)

Slow oxidative muscle fibers have the smallest relative _____ and are primarily fueled via _____ metabolism. - Answer ✓✓-Diameter; aerobic

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

An example of a substitution behavioral change that you might suggest to a client is

- A. "If you reach this goal we set up, you can have a reward of your choosing."
- B. "Take the stairs instead of the elevator at work"
- C. "Call your best friend to walk with you every day."
- **D. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."**

Answer: D

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

NEW QUESTION # 20

Which of the following can cause pain in the lumbar area?

- A. Strain of the longissimus thoracis muscle
- B. Strain of the sternocleidomastoid muscle
- **C. Strain of the gastrocnemius muscle**
- D. Strain of the tibialis anterior muscle

Answer: C

Explanation:

The longissimus thoracis muscle is located in the posterior lumbar region. It is part of the erector spinae group. These muscles help maintain posture and provide stability to the spine. Lumbar pain, also called low back pain, is one of the most common causes of disability. About 60 to 80% of the general population will experience it at some point in their lives. Determining the specific cause of lumbar pain may be difficult, but muscle strain, an intervertebral herniated disc, and joint inflammation can all cause lumbar pain. The other muscles are not located in the lumbar region. The sternocleidomastoid muscle is located in the cervical region. Strain to this muscle occurs with "whiplash" injuries. The tibialis anterior muscle is located on the anterior and lateral part of the lower leg. The gastrocnemius muscle is located on the posterior part of the lower leg.

NEW QUESTION # 21

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

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

Answer: B

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a clients 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 # 22

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Brachial
- B. Radial
- C. Carotid
- D. Popliteal

Answer: A

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 23

All of the following are benefits of increased flexibility EXCEPT

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

Answer: C

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 # 24

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