

# CPT Unlimited Exam Practice, Exam CPT Quick Prep

## CPT Final Exam Questions and Answers Already Graded A

CPT and HCPCS codes are used in what type of healthcare setting? **Correct Answer-Hospital outpatient, physician offices**

CPT is **Correct Answer-current procedural terminology**

HCPCS is **Correct Answer-healthcare common procedure coding system**

Who publishes CPT (Level I HCPCS)?

How often is it updated? When is it updated? **Correct Answer-AMA publishes cpt, it is updated annually, on Jan. 1 of each year**

CPT Category 1 codes consist of: **Correct Answer-Anesthesia, Evaluation and management, surgery, radiology, pathology and laboratory, medicine**

What are Category 2 CPT codes for?

What does the Category 2 code consist of? **Correct Answer-Performance Measures** consist of 4 numbers followed by a capital F, such as 1000F

What are Category 3 CPT codes for?

What does the Category 3 code consist of? **Correct Answer-New & Emerging Technology** consist of 4 numbers followed by a capital T, such as 2000T

What are modifiers

Why are they used? **Correct Answer-Supplementary Codes** to provide additional information to a code

What is a HCPCS level II code used to report?

What does the HCPCS level II code consist of? **Correct Answer-Are used for supplies,**

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## NASM Certified Personal Trainer Exam Sample Questions (Q27-Q32):

### NEW QUESTION # 27

The muscle fiber type recruited for activities such as the 100-yard dash, shot put, or power lifting would be which of the following?

- A. White, slow twitch fibers
- **B. White, fast twitch fibers**
- C. Red, slow twitch fibers
- D. Red, fast twitch fibers

**Answer: B**

### NEW QUESTION # 28

Cardiorespiratory fitness refers to the

- **A. Outcomes of regular exercise relating to the ability to supply oxygen to skeletal muscle during sustained physical activity.**
- B. Level of cardiac functions that are required to sustain blood pressure and blood flow through the arterial components during exercise bouts.
- C. Benefits of endurance activities that require the heart to work at maximal capacity in an effort to strengthen cardiac muscle.
- D. Improvement in heart rate that the body is capable of as it increases exercise duration with each session of endurance activity.

**Answer: A**

### NEW QUESTION # 29

A trainer is working with a new client who wants to lose 20 lb in 30 days. Which of the following actions should the trainer take first?

- A. Create a negative calorie balance.
- B. Create a metabolic workout program
- **C. Create realistic expectations.**
- D. Create small goal milestones.

**Answer: C**

Explanation:

A goal of losing 20 lb in 30 days is unrealistic and potentially unsafe. NASM emphasizes setting SMART goals (Specific, Measurable, Attainable, Realistic, Timely) to promote adherence and health.

The first step is to educate the client about safe weight loss rates (generally 1-2 lb per week) and adjust their expectations accordingly. Once realistic goals are set, smaller milestones and training/nutrition plans can be developed. Creating a metabolic workout or calorie deficit comes after ensuring the client understands what is safely achievable.

### NEW QUESTION # 30

Which term describes the client's target heart rate prior to performing the next set?

- **A. Recovery**
- B. Resting
- C. Maximal
- D. Post-set

**Answer: A**

### NEW QUESTION # 31

Which of the following is a benefit of aerobic exercise?

- A. Increases resting pulse rate
- B. Decreases HDL cholesterol
- C. Increases blood pressure
- D. **Decreases LDL cholesterol**

**Answer: D**

#### NEW QUESTION # 32

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