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NCSF-CPT Study Exam 2023 100%Correct

The joint movement that results in an increase of the joint angle is called correct answerextension-

think of a protractor as ur joint the more its angled outward the bigger the angle becomes

When working with a trainer, an individual lifts a 10lbs weight straight over her head through a distance of 2.5 ft. How much linear work has been generated? correct answer25 pound- feet

force * distance through which the force travels = linear work generated.

Your client is in the maintenance stage of behavior and is exercising regularly. One day she canceled her appointments with you claiming she has too much to do at work. If she abandons her exercise routine completely it's called a correct answerrelapse

Goals that a trainer helps a client set should be all of the following except correct answerbroadly defined

shortness of breath at rest is called correct answerdyspnea

an individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into? correct answeroverweight abt 26

The primary function o the respiratory system is correct answerfacilitating the exchange of oxygen and carbon dioxide

benefits of nonlinear periodized training programs include all of the following except

- a) using a progressive increase in the workout intensity
- b) allowing for variation in the workout intensity
- c) having a "power" training day

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Section	Weight Objectives
Exercise Programming	19%
Health and Physical Fitness	11%
Exercise Physiology	9%
Professionalism and Risk Management	3%
Special Populations	4%
Weight Management	8%
Screening and Evaluation	11%
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It is browser-based; therefore no need to install it, and you can start practicing for the Fitness NCSF-CPT exam by creating the National Council on Strength and Fitness Personal Trainer Exam (NCSF-CPT) practice test. You don't need to install any separate software or plugin to use it on your system to practice for your actual National Council on Strength and Fitness Personal Trainer Exam (NCSF-CPT) exam. BraindumpsVCE NCSF-CPT web-based practice software is supported by all well-known browsers like Chrome, Firefox, Opera, Internet Explorer, etc.

Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q43-Q48):**NEW QUESTION # 43**

You are exercising outdoors and become concerned that your client may be dehydrated. At what point would her condition be considered a medical emergency?

- A. When she seems to be confused and doesn't know where she is
- B. When she begins complaining of a headache
- C. When she becomes dizzy and light-headed
- D. When she complains that her leg muscles are cramping

Answer: A

Explanation:

Dehydration, heat exhaustion, and heat stroke are conditions that are best avoided by encouraging clients to drink either water or sports drinks often. When individuals wait until they feel thirsty to drink, they may already have lost 1 to 2 liters of fluid. A dehydrated individual may feel less energetic and begin to develop muscle cramps. If not treated, an individual can develop heat exhaustion, which may be manifested by headaches and feelings of nausea. If heat exhaustion isn't treated, an individual may suffer from heat stroke. During heat stroke, an individual's body temperature increases, and he or she may become confused or lose consciousness. This is a medical emergency. The patient needs to have her body temperature lowered as quickly as possible.

NEW QUESTION # 44

The "talk test" refers to

- A. The comfort level of a client to let a trainer know when an exercise is too hard.
- B. The ability of an individual while exercising to talk or respond to a trainer's questions without gasping for breath.
- C. The practice of speaking with your client before a training session to check in with the client
- D. The practice of talking with your client during the cool-down phase to see how the session felt.

Answer: A

Explanation:

It is important that a training session not be too intense. The "talk test" is a simple way to get a handle on the intensity of the endurance or workout phase. A client should be able to talk or answer a trainer's questions without gasping for breath. Not being able to speak easily can indicate that the workout is too intense.

Cardiovascular, muscular, and orthopedic injuries are more likely to occur when a workout is too intense.

NEW QUESTION # 45

Benefits of nonlinear periodized training programs include all of the following EXCEPT

- A. Training both power and strength of muscles within one week
- B. Using a progressive increase in the workout intensity

- C. Allowing for variation in the workout intensity
- D. Having a "power" training day

Answer: D

Explanation:

While a linear periodized training program involves having a progressive increase in the workout intensity over the course of a week a nonlinear periodized training program involves variation of intensity over the course of a week. A weeklong nonlinear periodized training program can target both muscle strength and power. A "power" training day involving power sets can also be implemented. This type of program may be more conducive to individuals with scheduling conflicts.

NEW QUESTION # 46

The primary function of the respiratory system is

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

Answer: A

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 # 47

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

- A. Supraspinatus
- B. Teres minor
- C. Infraspinatus
- 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 # 48

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