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NCSF CPT 2024 REAL EXAM WITH ALL 150 QUESTIONS AND CORRECT ANSWERS/ NCSF CPT (CERTIFIED PERSONAL TRAINER) ACTUAL EXAM LATEST 2024-2025 (GUARANTEED PASS)

National Council on Strength and Fitness CPT exam

What may cause inhibition to muscle cell contractility during physical activity? - ANSWER-Lactic acid

Suppose that after several weeks of training a client's VO2max increased from 34 ml/kg/min-1 to 38 ml/kg/min-1. What physiological adaptations played a role in the improvement? - ANSWER-An increase in O2 extraction and increased cardiac output due to training

What does NOT require a medical referral for continued exercise participation? - ANSWER-Significant rise in systolic blood pressure during resistance training

What previously sedentary client would require medical clearance prior to engaging in a moderate intensity exercise program? - ANSWER-Female, 46 years old, controlled blood pressure with medication, RHR = 70, body fat 28%

A new client comes to you with a recent blood lipid profile from her physician. It indicates that her LDL-C is 125 mg/dl. What is the correct course of action? - ANSWER-You don't have to implement any restrictions based on her cholesterol, since the numbers indicate a healthy profile.

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q41-Q46):

NEW QUESTION # 41

Which function does the autonomic nervous system NOT regulate?

- **A. Running**
- B. Secretion of hormones
- C. Digestion
- D. Breathing

Answer: A

Explanation:

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

NEW QUESTION # 42

Normal systolic and diastolic blood pressure measurements (in mm Hg) include which of the following?

- A. Systolic 130, diastolic 70
- **B. Systolic 110, diastolic 75**
- C. Systolic 110, diastolic 85
- D. Systolic 140, diastolic 85

Answer: B

Explanation:

Normal blood pressure is classified as a systolic pressure of less than 120 mm Hg and a diastolic pressure of less than 80 mm Hg. If either the systolic or diastolic pressures are elevated on multiple occasions, an individual's blood pressure is considered to be high.

NEW QUESTION # 43

The primary function of the respiratory system is

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

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 # 44

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

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

Answer: A

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 # 45

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. Generative moments
- D. Appreciative inquiry

Answer: C

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 # 46

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