

NCSF-CPT Cheap Dumps | NCSF-CPT Valid Exam Preparation



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Thousands of people are interested in earning the National Council on Strength and Fitness Personal Trainer Exam (NCSF-CPT) certification exam because it comes with multiple career benefits. DumpsReview have designed a product that contains the NCSF-CPT latest questions. These Fitness NCSF-CPT Exam Dumps are ideal for applicants who have a short time and want to clear the National Council on Strength and Fitness Personal Trainer Exam (NCSF-CPT) exam for the betterment of their future.

Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q25-Q30):

NEW QUESTION # 25

How much weight loss is appropriate for an obese individual with a BMI greater than 30?

- A. 4 kg a week
- B. 3 kg a week
- C. 1 kg a week
- D. 2 kg a week

Answer: C

Explanation:

People who are obese have a BMI greater than or equal to 30. These individuals are at a high risk of cardiac problems, certain types of cancers, and diabetes. Among other areas, training programs can focus on weight loss, promoting appetite control, and lowering the risk of associated medical issues. Weight loss should be gradual-not more than 1 kg per week. Aerobic training sessions five to seven times a week lasting 45-60 minutes per session may be helpful.

NEW QUESTION # 26

Shortness of breath at rest is called

- A. Orthopnea
- B. Ischemia
- C. Syncope
- D. **Dyspnea**

Answer: D

Explanation:

A client with dyspnea will have shortness of breath while resting or only with mild exertion. It is not normal, and it can be a symptom of cardiac or pulmonary disease. Orthopnea is shortness of breath that occurs when one is lying down. It is relieved by sitting upright or standing. Ischemia occurs when there is a lack of blood flow and oxygen to the heart. This causes pain in the chest or pain that has radiated to the neck or arm. Syncope is a loss of consciousness that usually occurs when the brain does not receive enough oxygen.

NEW QUESTION # 27

An individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into?

- A. Overweight
- B. **Normal**
- C. Obese class II
- D. Obese class I

Answer: B

Explanation:

BMI stands for body mass index and it can be calculated by dividing an individual's weight by height squared. In this example, $BMI = 80 \text{ kg} / (1.75 \text{ m})^2$. This results in a BMI of 26.1. BMI values fall into a range. The normal range is 18.5-24.9. The overweight range is 25-29.9. The obese class I range is 30-34.9. The obese class II range is 35-39.9.

NEW QUESTION # 28

Which of the following conditions is an absolute contraindication for exercising during pregnancy?

- A. Ruptured membranes
- B. Heavy smoker
- C. **Poorly controlled hypertension**
- D. Poorly controlled seizure disorder

Answer: C

Explanation:

Recent research supports a role for exercise programs during pregnancy. Goals of this type of program can include reducing low back pain and decreasing the risk for developing gestational diabetes. However, there do exist a number of absolute contraindications. Some of these include ruptured membranes, placenta previa after 26 weeks of gestation, premature labor, preeclampsia, and high-risk multiple gestation pregnancies. In contrast, relative contraindications include the individual being a heavy smoker, having poorly controlled diabetes or seizures, or having poorly controlled hypertension or hyperthyroid disease.

NEW QUESTION # 29

Goals that a trainer helps a client set should be all of the following EXCEPT

- A. Broadly defined
- B. Measurable
- C. Action-based
- D. Time-limited

Answer: C

Explanation:

Goals that are most helpful are those that are specific, very well defined, able to be measured, realistic, and have a time constraint on them. The actions a client needs to take should be specifically defined. For example, a goal may be that a client will walk on his treadmill at a pace of 3 mph for 30 minutes on Monday through Friday before going to work.

NEW QUESTION # 30

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