

Fitness NCSF-CPT Exam Cram Review - Official NCSF-CPT Study Guide



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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q46-Q51):

NEW QUESTION # 46

Individuals with osteoporosis

- A. Should avoid twisting or flexing of the spine
- **B. Should not worry about proper breathing techniques**
- C. Are not more likely to develop fractures
- D. Should not do flexibility training exercises

Answer: B

Explanation:

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program

should be taught proper breathing techniques.

NEW QUESTION # 47

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 # 48

Which of the following inhibits a person,s joint flexibility?

- A. Having cold muscles
- B. Having more relaxed muscles
- C. Being a woman
- D. Having a more physically active lifestyle

Answer: C

Explanation:

A person,s flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues affect an individual,s flexibility.

NEW QUESTION # 49

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

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

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 # 50

The hip joint is what type of joint?

- A. Ball-and-socket joint

- B. Hinge joint
- C. Pivot joint
- D. Cartilaginous joint

Answer: A

Explanation:

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.

NEW QUESTION # 51

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